

# StirFry Seminars & Consulting

November 2009

## Coming of Age

A college student once asked me how I planned out my life so that I could become a successful filmmaker. I smiled at his presumption that anyone's life could be so easily planned. And now, as my sixty-third birthday is about to descend upon me on October 25th, I am amazed at how quickly time passed. I find myself enthralled and gratified by all that I have witnessed and experienced.

I was born in 1946 in Oakland, California, in the Year of the Dog. My parents had very little money but we never felt poor or hungry. My father ran a restaurant and my mother endured the awesome responsibility of raising five energetic children. She taught me about family and friends, love and grief. My father taught me to go after my dreams and to be proud of my Chinese roots.



With those family gifts I became a father, a special education teacher for twenty-five years, a poet, author, Asian folk-teller, diversity trainer, filmmaker, and community therapist. The thread between all of these choices was my desire to serve others - trying to find a way to support each person I met, to ensure their voices were heard, for them to be understood and acknowledged for their many gifts and contributions. I never planned on any of these professions. They each appeared on my path one day and seemed to be the road less traveled. Each led me to my destiny.

The Buddhists were right – where the road ends, the path begins.

So, what have I learned? That's simple. That we are all intertwined. That racism, sexism, heterosexism and all the other "isms" are all about fear. That the greatest power on earth is love. That every day and with every person we meet, we need to model what we hope for in the world. To live each day as if it were a lifetime. And to never stop giving and sharing with those that we love and with those we've been taught to fear. There are no accidents, just wonderful opportunities.

And so, I thank you all for being in my life and for the many gifts that you've given to me, helping me become the person I had hoped.

*Lee Mun Wah*



# MINDFULLY RESOLVING CONFLICTS

## Intermediate/Advanced

November 13-15, 2009 • Friday 2-9 pm, Saturday 8 am-6 pm, Sunday 8 am-2 pm

Facilitated by Lee Mun Wah

Quan Yin Training Center • 2311 8th Street, Berkeley, CA

For details call 510-204-8840 or visit [www.stirfryseminars.com/BTC](http://www.stirfryseminars.com/BTC)

Facilitation is an art that requires our utmost awareness and understanding. The subtleties are everywhere—within a simple question, an insignificant omission, the gesture of a hand or a facial expression. In this training we will explore how to mindfully transform those subtleties into an intimate, authentic relationship where everyone feels valued and acknowledged for their many gifts and contributions. Participants will learn:

- *Advanced Mindful Interventions*
- *Cross-Cultural Responses & Reflections*
- *How to Mediate Advanced Conflictual Situations*
- *21 Ways to Stop a Diversity Conversation*
- *How to Recognize and Make Use of Our Observations*
- *How to Utilize “What Stands Between Us - Diversity Conversation Cards”*

## StirFry Calendar

November 5, 2009 Pittsburgh, PA	<b>An Unfinished Conversation</b> Not Open to the Public
November 6, 2009 St. Paul, MN	<b>Cultural Competency for Leaders</b> North Am. Council for Staff, Program & Organizational Development (NCSPD) Conference Open to the Public
November 10, 2009 Villanova, PA	<b>An Unfinished Conversation</b> Not Open to the Public
November 13-15, 2009 ** Berkeley, CA	<b>Mindfully Resolving Conflicts- Intermediate/Advanced</b> Open to the Public
November 17, 2009 Mountain View, CA	<b>Last Chance for Eden Film Showing &amp; Discussion</b> Not Open to the Public
November 20, 2009 San Francisco, CA	<b>Last Chance for Eden Film Showing &amp; Discussion</b> Grace Cathedral /Open to the Public
December 14, 2009 Campbell, CA	<b>Diversity Communications Training</b> Not Open to the Public
January 8-10, 2010 ** Berkeley, CA	<b>Mindfully Resolving Conflicts for Diversity Issues - Level One</b> Open to the Public
January 11, 2010 Campbell, CA	<b>Diversity Communications Training</b> Not Open to the Public

\*\* Held at the Quan Yin Training Center, 2311 8th Street, Berkeley, CA

For more information, registration and links to conference workshops, visit <http://www.stirfryseminars.com/events>

**Contact Us: 510.204.8840 Trainings, Films & Diversity Products, ext. 101 [www.stirfryseminars.com](http://www.stirfryseminars.com)**