

# StirFry Seminars & Consulting

February 2016

## What If A Crisis Was Really An Opportunity?

**A**s we embark upon the **Lunar Year of the Monkey**, I am reminded of the Chinese saying that a crisis is both *danger* and *opportunity*. All over this country in our colleges, workplaces and communities there are confrontations and protests over the discriminatory treatment towards those that are poor, women, members of the LGBTQ community, people of color, immigrants, Jews, Muslims, and countless other groups. Often, the reactions of those in our institutions only escalate and polarize the situation because their responses are often defensive, adversarial or dismissive. It is our belief, here at StirFry Seminars & Consulting, that these poor responses occur because there is often a lack of training and understanding of how to work with the issues and the people affected whenever issues concerning diversity and discrimination occur.

For the past three decades, StirFry Seminars & Consulting has conducted workshops and trainings across college campuses, corporations, governmental and social service agencies. Our award winning diversity training films have been viewed all over the world and our Mindful Facilitation workshops have helped individuals and groups promote authentic, healthy and compassionate cross-cultural relationships and dialogues on diversity issues. You can learn more about the work we do by visiting our website at: [www.stirfryseminars.com](http://www.stirfryseminars.com).

Below is a list of a few of the many ways we can help your agency or institution. In our workshops, participants will learn:

1. How to respond when a discriminatory incident occurs in your community where appropriate action is taken and where all parties feel acknowledged, heard and supported.
2. How to create a safe space and opportunity for all concerned to share their feelings and experiences without feeling dismissed or trivialized.
3. Mindful Communication Techniques that will help to facilitate discussions and create an atmosphere of caring and curiosity, compassion and understanding.
4. How to de-escalate and de-polarize a conflict within minutes so that everyone feels heard and acknowledged, rather than defensive and adversarial.
5. How to organize and develop a community-wide town hall meeting where students, faculty and staff and members of the community can discuss a crisis in a way where everyone is open to hearing a different perspective, is curious, takes responsibility and is working towards authentic change and long-term understanding.
6. How to create a sense of community when a crisis occurs, instead of reacting and becoming defensive and polarized.
7. Ways to respond to diversity issues from a culturally-responsive and cross-cultural lens.
8. 21 ways that **stop** a diversity conversation as well as 21 ways to kick start a conversation on diversity with your employees, administrators, and students.

In addition to offering private workshops on-site at your location, we also provide trainings at our Berkeley Training Center here in California throughout the year to keep you updated on our latest cross-cultural communication techniques, diversity training films and materials that focus on a wide range of diversity issues. You can register for our Berkeley coursework online by visiting: [www.stirfryseminars.com/BTC](http://www.stirfryseminars.com/BTC).

We also offer online training programs and online coaching/consultation sessions that will help support you throughout the year whenever a crisis or situation occurs so that you can get the on-call support, advice and training that you need.

Please call **Melissa Sweeney, StirFry Seminars' Director**, at 510.204.8840 ext. 101, or email her at: [Melissa@stirfryseminars.com](mailto:Melissa@stirfryseminars.com) for more information. Melissa will work with you to customize a training/workshop that will meet both your needs and your budget.



# MASTERING DIVERSITY TRAINING & FACILITATION

APRIL 22-24, 2016

FRIDAY 2PM-9PM; SATURDAY 8AM-6PM; SUNDAY 8AM-2PM

FACILITATOR: LEE MUN WAH

Too often we are afraid to begin a conversation about race and racism because we have had a bad experience or feel that we will say something wrong or hurtful. This workshop is particularly exciting and satisfying because it allows everyone the opportunity to practice talking to someone who is different from themselves in a compassionate and honest way. Participants will learn that they are not alone in their fears and that all of us lack a "model" of how to begin this type of conversation. The most important ingredient is our sincerity and our willingness to learn and understand each other.

FOR MORE INFORMATION: 510.204.8840 EXT. 103 • [WWW.STIRFRYSEMINARS.COM/BTC](http://WWW.STIRFRYSEMINARS.COM/BTC)

## On Demand Digital Streaming Rentals of StirFry Films!!

[www.diversitytrainingfilms.com](http://www.diversitytrainingfilms.com)

StirFry is making our films available online/on demand for students & individuals via digitally streamed video. Here, you can view films such as ***The Color of Fear, Last Chance for Eden*** and ***Stolen Ground*** from the comfort of your own home for a small rental fee; rentals provide a link to the films online, good for 24-hours of viewing.

## Valentine's Day Sale

Get 20% off, for a limited time, on all regularly-priced diversity training materials (including Lee Mun Wah's newest film *If These Halls Could Talk*)!

Enter coupon code NEWS20 upon online checkout at [www.stirfryseminars.com/store](http://www.stirfryseminars.com/store).

\* Some restrictions apply • Expires March 15, 2016

## StirFry Calendar of Upcoming Events

February 18-20, 2016 Minneapolis, MN	Cross-Cultural Facilitation Techniques for Educators, Administrators & Staff- Beginner & Intermediate Levels and Creating Community in a Diverse School Environment Not Open to the Public
February 24, 2016 New York, NY	Keynote: Walking Each Other Home: The Art of Creating Community & Connection American Group Psychotherapy Association (AGPA) Conference • Open to the Public
February 26, 2016 Savannah, GA	Keynote: Walking Each Other Home: The Art of Creating Community & Connection Cross-Cultural Counseling & Education Conference • Open to the Public
February 29, 2016 Newport, RI	An Unfinished Conversation Some Events Open to the Public
March 3-4, 2016 Chicago, IL	The World is All Around Us: Creating a Culturally Responsive School Community and How to have Successful Classroom Discussions on Diversity Issues • National Association for Bilingual Education (NABE) Conference Some Events Open to the Public
March 5, 2016 Berkeley, CA	Keynote: An Unfinished Conversation. Breakout Session: Cross Cultural Facilitation Skills for Educators, Administrators & Staff • Asian Educators Conference • Open to the Public
March 18, 2016 Richmond, VA	Creating a Culturally Responsive School Community Virginia Association for Early Childhood Education (VAECE) Conference • Open to the Public

For StirFry's complete Calendar of Upcoming Events, please visit [www.stirfryseminars.com/events](http://www.stirfryseminars.com/events)

Contact Us: 510.204.8840 Trainings, Films & Diversity Products, ext. 103 • [www.stirfryseminars.com](http://www.stirfryseminars.com) • [www.diversitytrainingfilms.com](http://www.diversitytrainingfilms.com)