

LET'S GET REAL:

Unlearning Racism and Internalized Racism

Facilitated by Lee Mun Wah & Rainbow Markell

Two sessions in 2019 to choose from!

February 22-24 or Sept 27-29, 2019

Friday 2pm to 9pm; Saturday 8am to 6pm; Sunday 8am to 2pm

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

There is so much that is unsaid in this country about race issues. In this retreat we will explore a variety of ways to have this dialogue on race and racism that will lead to a more intimate and honest conversation and relationship with each other. This retreat is about confronting some of the issues that keep us all from talking to one another about race/racism. It is also about discovering new ways to begin that conversation, how to create a bridge to talk about our differences, exploring what opens us up and what closes us down, and finally, 101 ways to become Culturally Competent in our relationships and workplaces.

Before we can truly become a multicultural nation, we must have a relationship based on respect and understanding, reflection and curiosity; where our differences and our similarities are embraced, valued and integrated into the very fabric of our workplaces, communities, schools and governmental institutions. It also means coming to an understanding that awareness and holidays are just the beginning.

What is required is an on-going dialogue and relationship with each other. I hope that you will join us in making this not only a better world for our children, but for ourselves – not by starting tomorrow, but by beginning that conversation today.

Participants will learn:

- 9 Healthy Ways to Communicate
- 101 Ways to Become Culturally Competent
- 21 Statements That Stop A Diversity Conversation
- The Art of Listening & Responding Cross-Culturally

Continuing Education Options*

- CEUs are available through St. Mary's College of California for all Berkeley, CA, workshops taught by Lee Mun Wah

* Additional fees apply

For More Information: 510.204.8840 ext. 103
or www.stirfryseminars.com/BTC

STIRFRY SEMINARS & CONSULTING: WORKSHOP REGISTRATION FORM

Workshop: **Let's Get Real: Unlearning Racism and Internalized Racism**

Choose preferred session

Feb 22-24

Sept 27-29, 2019

Name: _____

E-mail (important): _____

Address: _____ City: _____ State: _____ Zip: _____

Phone (Home Work Mobile): _____

Occupation: _____ Agency: _____

Ethnicity (optional): _____ Gender (optional): _____ Sexual Orientation (optional): _____

How did you hear about this training? (select one) StirFry website Enewsletter Facebook Page
Live Event (please specify _____) Other (please specify) _____

Which of our films have you viewed? _____

Prerequisite Course Requirements:

Watch Lee Mun Wah's three films, *If These Halls Could Talk*, *The Color of Fear: Part One* and *Last Chance for Eden: Part One*.
Rent these films to watch online at: www.DiversityTrainingFilms.com

Fee for Session:

REGISTRATION FEE: (\$375-\$1050+) \$ _____

* Place yourself on our sliding scale, based on what you can afford *
(does not include required materials - see below)

RECOMMENDED:

Corporate/ Governmental Rate: **\$1050+**

Educational/ Non-profit Rate: **\$675+**

Individual/Student Rate: **\$375+**

REQUIRED MATERIALS

You are required to purchase the items you do not already have.
Enter the price of the items you need:

Flashcards: *What Stands Between Us: Racism Conversation* (\$25) \$ _____

Booklet: *The Practice of Honoring Diversity* (\$15) \$ _____

Book: *Let's Get Real* (\$25) \$ _____

Book: *The Art of Mindful Facilitation* (\$25) \$ _____

Reside in California (any city but Berkeley)? If so, add tax to materials (7.25%) \$ _____

Reside in Berkeley, CA? If so, add tax to materials (9.25%) \$ _____

* Note: These items will be made available for you at the workshop.

TOTAL (Registration plus Required Materials and tax, if applicable) \$ _____

Cancellation Policy: A full refund is available for cancellations received three (3) weeks prior to the start date of the training as long as you notify StirFry in writing via email. If your cancellation is received short of the three-week window, StirFry will issue you a credit, valid for six (6) months only, that you can use towards the purchase of our diversity training materials (hard-copy) or as a credit towards a future StirFry workshop registration fee (for which you will need to re-enroll) using an updated registration form. If you opt to register for a future workshop, no further credits will be issued to you if you cancel a second time. To utilize your credit for either option, please call the office for more information.

Payment Method: (Please make checks payable to: StirFry Seminars & Consulting)

Check _____ (check number)

Visa MasterCard Amex

Exp. Date: _____

(Please include 3-4 digit number on the back of your card) _____

Name on Card: _____

Signature _____

Type or sign above and check box below:

I understand that my electronic signature has the same legal effect and can be enforced in the same way as a written signature.

Travel & Workshop Planning: Meals, hotel accommodations, and transit are the sole responsibility of the participant. To assist you with your travel plans, information about Berkeley, CA, can be found at: www.visitberkeley.com. We strongly encourage you to purchase refundable flights in case the course has to be cancelled due to low enrollment. You are asked to book flights that allow you to be in attendance from the start to conclusion of the workshop; consider traffic/rush hour in making this schedule. Plan to wear casual, comfortable clothing. You will be asked to take off your shoes at the training center; please bring comfortable socks/slippers. Although StirFry provides snacks at our workshops, plan to go out to restaurants with your classmates to continue group discussions (meals are student's expense). Be aware that there are occasionally animals present at the Training Center (cat/dog) for those participants who may have allergies. Contact StirFry if you have questions as we want you to be both prepared and comfortable.

StirFry Seminars is committed to providing reasonable accommodations for all persons with disabilities. If you have a disability for which you may require accommodations, please contact a staff member as soon as possible so that they can be considered.

WAIVER

Please read carefully and sign this waiver as part of your registration.

I understand that my participation in this training is voluntary. It may involve my emotions in a manner that might subject me to emotional distress. I agree to accept such risks and assume the responsibility for emotional distress and/or other effects that may arise from my own interpretation of the process. I understand that this training is not intended as psychotherapy or as a substitute for psychotherapy. Further, I release StirFry Seminars & Consulting and all staff/independent contractors thereof from all claims made by me or on behalf of me (or my estate) by reason of any illness or damages arising from participation in this training.

I also acknowledge that this training does not offer any license or certification to use the film *The Color of Fear* or other StirFry films for personal or independent professional purposes. I understand that the copyright and use agreement for legal use of the film (and other StirFry products) is available from StirFry Seminars & Consulting, Inc.

I also authorize StirFry Seminars & Consulting, Inc. to publish any still photographs or video recordings taken of me during the workshop, and my name, for use in StirFry's printed publications and website, for any purpose whatsoever for an indefinite period of time.

Signature: _____ Date: _____

I understand that an electronic signature has the same legal effect and can be enforced in the same way as a written signature.