Kisha Lendore (she/her), Tech: Good Day and welcome back! Please use this link to sign in: https://forms.gle/Vzq6z5Sdym5FPYp7A

Here is a link to today’s slide deck: https://www.dropbox.com/sh/vf7bffdwtpp1m4i/AADdoGZqFXv4nBtGCldX4GEea?dl=0

Angela Glore, She/Her: I learned a couple weeks ago that 80% of us breathe through only one nostril at any given time. It's taken a while to recognize it's true for me. This morning, I am breathing through my right nostril.

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Tijana Vukicevic: I've realised recently that maintaining personal boundaries helps my well-being a lot - in other words, not taking on too much that I can't handle at a given moment.

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Sriridya (Sri) Kalyanaraman: Tijana, that is such a profound observation. Someone once told me, " 'No' is a complete sentence. You don't have to say 'No, but' or "No, and.' Just...no." Setting boundaries is such a powerful act of self-care, communal self-care, and creating safety for both the individual and communal self.

Tijana Vukicevic: Thank you! I find it so hard to balance my natural inclination to develop things around me vs noticing that I need to 'fill my cup' so to speak.

Tijana Vukicevic: This is so vital - identifying what groups we are not engaging with.

Elizabeth Haase: the community I struggle with here is the overtly unashamedly racist community here in a red area of NV where I am supposed to take care of them.

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CHRISTINE BRUGLER: Will Kevin's slide deck be available as well?

Kisha Lendore (she/her), Tech: Yes, Kevin's slide deck will be available.

Sriridya (Sri) Kalyanaraman: Love Resmaa, somatic abolitionism, and MGH.
Bob Doppelt: Yes, all slides are posted on the program webpage after the session.

CHRISTINE BRUGLER: TY! :)

Srividiya (Sri) Kalyanaraman: Tijana, you fill your pitcher so that you can pour others those cups! :)

Tijana Vukicevic: Haha! LOVE that!

Rebecca MacKenzie: Reading Caste now by Isabel Wilkerson. I'm so much more aware of the historical roots of racism and white supremacy reading that book. I recommend it highly. I knew the history was bad... knowing much about it; however, I had no idea how bad and how important awareness is in doing this work.

Srividiya (Sri) Kalyanaraman: I've also noticed that especially bodies of colour and women modeling self-care, just the presence and courage of that, can be such a revolution in itself.

Tijana Vukicevic: I am going to use that as my resilience toolkit (the pitcher principle!) :)

Jessica Bee, she/her: I also like the focus under respect of acknowledging how people are the experts in their own lives and need to be centered to guide those who want to be part of helping.

Srividiya (Sri) Kalyanaraman: In my mind, a further step in justice and liberation would be bringing the apples down to folx and other creatures of the Earth who may not have access to ladders and/or the ability to climb them.

Linda Kruger: great visual!

Jessica Bee, she/her: I notice a fire to be part of the work to shift and reimagine systems.

Tim Neubauer: Great question to reflect on: if you find equity what would it take to reach justice? This is a great discussion starter for our communities.

Kisha Lendore (she/her), Tech: 1. The part of my identity that I am most aware of on a daily basis is:
2. The part of my identity that I am least aware of on a daily basis is:
3. The part of my identity that provides me the most privilege is:
4. The part of my identity that I believe is the most misunderstood by others is:
5. The part of my identity that I feel is difficult to discuss with others who identify differently is:
6. The part of my identity that makes me feel discriminated against is:

Meera Sotor: That was a great exercise — I wish we had more time!

Srividiya (Sri) Kalyanaraman: I was fortunate to be in a wonderful breakout group -- thank you Christine, Peter, Tim!!!

CHRISTINE BRUGLER: Yes, more time... just getting started. :)

Mona Delavan: wanted to hear all their stories

Rachel Kerr: It was vulnerable sharing so deeply with new-to-me people

Tijana Vukicevic: Surprising - I haven't thought much about parts of my identity i'm least aware of. I'm thinking about this and how it could be used in the context of our discussions

Becky Zakowski: We talked about the difference between being misunderstood vs. 'Othered'

Lisa Moulds she/they WFCN: Thank you Anna, Nayo and Guy! :)

Ellen LaCrosse: I agree with Tim we were able to enjoy
each others story
01:45:40 Sonya Jakubec: energizing to share and gain awareness with Rochelle and Louis. Interesting to see how change happens over time and place, that our identities are shaped by where we are...
01:46:17 Lisa Moulds she/they WFCN: We wondered if many people answered the same for 4. most mis-understood and 5. most to difficult to talk about
01:46:41 Jessica Bee, she/her: Hi Lisa! I know those were very connected for me.
01:46:58 Lisa Moulds she/they WFCN: Hi Jessica, me too!
01:49:46 CHRISTINE BRUGLER: So well said Sri - Nice to meet you!
01:51:24 Peter Chien: Sri - thank for the courage of being yourself and sharing.
01:51:33 Srividya (Sri) Kalyanaraman: Phew, was I nervous even saying that in this space. However, I want to appreciate that the safety my group members cultivated gave me the courage to share in the large group.
01:52:18 Jessica Bee, she/her: Thank you Kevin for this opportunity to move towards us by engaging the edge of our understanding.
01:54:56 heidi rogers: This has been a fantastic session :) thank you !!
01:54:57 Linda Kruger: This has been a wonderful learning experience. It has been extremely valuable for me. Thank you all for everything you have shared.
02:07:27 Cintha Archer: Are Kevin's slides also available? So much important information here!
02:08:12 Kisha Lendore (she/her), Tech: Yes, all slides will be made available.
02:08:27 Kisha Lendore (she/her), Tech: Please use this link to complete a brief evaluation of today’s session. We greatly appreciate all feedback!
https://docs.google.com/forms/d/e/1FAIpQLSfmZIFZQq55hsB1mC8lb1GT2PK1ImdiJ03FPt82XE03djQ-g/viewform
Thank you for engaging in today’s session. Please use this link to sign out: https://forms.gle/Vzq6z5Sdym5FPYp7A
02:08:32 Cintha Archer: Thank you
02:08:51 Kisha Lendore (she/her), Tech: My pleasure Cintha.
02:10:18 Sonya Jakubec: A strong and tender experience today - so important, helpful and many take-aways and reflections. I will be thinking about and talking about this session for a long time! Grateful.
02:10:33 Angela Glore, She/Her: Thank you so much for a thoughtful and thought-provoking morning, Kevin.
02:10:34 Lisa Moulds she/they WFCN: Thank you Kevin!
02:10:49 Kisha Lendore (she/her), Tech: Please use this link to complete a brief evaluation of today’s session. We greatly appreciate all feedback!
https://docs.google.com/forms/d/e/1FAIpQLSfmZIFZQq55hsB1mC8lb1GT2PK1ImdiJ03FPt82XE03djQ-g/viewform
Thank you for engaging in today’s session. Please use this link to sign out: https://forms.gle/Vzq6z5Sdym5FPYp7A
02:10:55 Cintha Archer: Thank you Kevin, lots to think about
and take from today.
02:10:59 Jul Bystrova: Wonderful presentation, thank you Kevin
02:11:05 CHRISTINE BRUGLER: A wonderful, thought-provoking session! Thank you
02:11:09 Tijana Vukicevic: I enjoyed and valued this talk greatly today. Gives you hope
02:11:15 Srividya (Sri) Kalyanaraman: Sonya, you said that beautifully. Thank you for creating both a safe and brave space, Kevin. You were great :)
02:11:22 Sam Black: Thank you so much for today's session.
02:11:34 Kevin McLeod (he/him) TRI: Thank you all very much!! This was amazing! I appreciate your trust with such difficult work.