

## **Thriving Change-Makers Weekly Breakdown**

### **Program Director & Facilitator: Jasmine Hayden**

Each session will include:

- Mindfulness through breath and body connection
- Education, investigation, exploration through conversation, games, and exercises
- Expansive co-creation & play
- Action-orientation activation
- Individual and Collective Transformation & Healing

#### **Session 1: The Art of Gathering**

In our initiation session we will set the foundation for our collective shift through grounding into intention and social culture of our time together. We will begin discussing, playing, and be-ing with the intricacies of intersectional activism, community empowerment, and joyful mind & body practices toward our collective vision. We will explore what cultural policies are affecting us as individuals within our identities and what is accessible in change-making, for ourselves and for our communities.

#### **Session 2: Sunday, May 9, 2021 De-Colonial Evolution, Featuring Dr. Daphne Sicre**

In this session we will dive into how to practice and authentically embody a de-colonial framework within our lifestyles as creatives & changemakers through a transformative justice lens. We will deconstruct false narratives that have been conditioned into our sense of self as we shift internalized oppression into liberated living.

#### **Session 3: May 15, 2021 Anti-Oppressive Strategy, Featuring Shaina Simmons**

In this session we will go deeper into the exploration of mindfulness & movement as reclamation of personal power and presence. We will bring greater awareness to our roles as active citizens in healing our relationship with mother earth through an investigation of the intersection of gender and climate change.

#### **Session 4: Sunday, May 23, Building Regenerative Ecosystems, Featuring Jen Katshunga & Azur D. Osborne-Lee**

In this session we will unpack, uncover, and rediscover intergenerational ways of being that has either served our health or dis-ease. We will examine how energetic reciprocity plays a role in feeling authentically aligned while upholding our integrity. We will jump into on such questions as: What is sustainable versus regenerative in cultural practice? What is detrimental to ourselves and our inner and outer systems?

**Session 5: May 30, 2021**  
**Anti-racism, Otherness & Abolition, Featuring Andrea Ambam**

In this session we will take a deeper look at anti-racism as an embodied lifestyle and abolition as daily conscious choice. We will delve into societal norms around privilege, access, and standard ways of being that harm ourselves and others and how to resist and dismantle internalized policing.

**Session 6: Saturday, June 5, 2021**  
**Ancestral ties within Capitalism, Featuring JP**

In this session we will expand our awareness of the interconnectedness of all beings, ancestral ecological grief, and how nonconformity plays into societal shifts. We will unveil connections between pollutants of the mind, body, and soul on a global and intercellular level and how we may further honor our relationship with ourselves, our communities, and mother earth.

**Session 7: Intersectional Environmental Justice in our Be-ings**

In our closing session we will bring together what we have exchanged in a culminating storytelling reflection filled with play, truth-telling, and multi-dimensional expression. We will honor the personal and communal transformations through recognition and celebration. To end, we will make self-commitments based off our 7 week journey that will support in maintaining our self-transformation & creative enrichment practices moving forward.