

## Sample Workshop and Training List

The list is always growing and each workshop always looks different depending on the group and situation, therefore, this is just a small sample of possible workshops. I tailor workshops and talks to each specific circumstance and need.

Please feel free to contact me for further information.

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### RACE AND CULTURE

#### **From the Ground Up: Anti-racism for Organizations**

*Outline:* In this workshop we will discuss and examine ways to build a more liberated anti-Racist Organization. We will start from the ground up and discuss ways to build an organization from an anti-racist perspective. From accountability to programming, we will take a complete look at what makes an organization successful in its fight against racism.

#### **Going Beyond Diversity: Anti-Oppression in our Communities**

*Outline:* Often in our work, it is difficult for marginalized communities to find our representation and voices. Whether it be People of Color, Trans/Intersex/GenderNonConforming/Queer communities, poor communities, etc., these are the very communities are often tokenized or excluded from leadership positions and access. This workshop will discuss root causes of these fundamental -isms and possible processes to regaining and building leadership from the bottom.

#### **Internalized Racist Oppression (IRO)**

#### **Internalized White Supremacy**

#### **Internalized Oppression & Self Care**

#### **Oppression in Expression: Language in Activism**

#### **Yellow vs Black: Inter-Race Tension**

#### **Cultural Appropriation**

#### **The Myth of Reverse Racism**

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### TECHNICAL ASSISTANCE

#### **Training for Trainers**

#### **Strategic Planning**

#### **Board Development**

#### **Organizational Assessment**

#### **Fundraising Trainings**

#### **Facilitation Skills: All Levels**

## ORGANIZATION DEVELOPMENT & STRATEGIC PLANNING

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**Organizational Audit**

**Culture Audit**

**Adaptive Strategic Planning That Works**

**Building and Maintaining a Board that Lasts**

**Better than HR**

**People Management For The New Workplace**

**Organizational Culture**

**Advanced anti-racism for orgs**

**Grantwriting and Anti-oppression**

*Outline:* Addresses metrics, language and the writing pipeline for grants and fundraising for anti-oppression programs, projects as well as for overall organizational positioning.

**Glossing over Social Justice**

*Outline:* This workshop is designed to take a critical look at barriers that organizations may experience during their fight to include issues like racism, classism, sexism, heterosexism, and ableism within their organizations. We will inspect these barriers and develop practical solutions that participants can take home. Providing a venue for sharing challenges and solutions is also a goal.

## MEDIA, ADVERTISING, JOURNALISM AND ANTI-OPPRESSION

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**Preventing a PR Nightmare by Knowing Your Audience First**

**Always From the Source**

**Writing As your Audience, Not Just For Your Audience**

**Creating Responsible Content**

**Advertising and Your Constituency: Do They Match Up?**

**Creating An Accountability Process**

**Creating a pipeline for flow:** Catching problematic material before it goes live

**Best Practices and Role Playing in an Anti-Oppression framework**

## QUEER/GENDER IDENTITY/SEXUALITY

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**Genderqueer/Trans/Gender Variant: Who we are**

**Being an Accountable**

**True Trans Allyship**

**Queer Women of Color: Our Multiple Identities**

**Trans Folks of Color: How we Navigate through the World**

**Intersex and the Queer Community**

**Organizing in the Queer Community: it's Much Bigger**

**Battle of the Sexes: Not Just a Battle**

*Outline:* It's not always just a battle of the sexes. We have ideas of male and female, masculine and feminine, but things are even more complex. There are differences sometimes between the ways we see ourselves and the ways others see us. There are gender, sexuality, sex, orientation, gender expression and all of these are distinctly different. This workshop will investigate the often simplified battle of the boxes.

## AGEISM/ADULTISM/AGE

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**Knowing the Histories of Generations**  
**Inter-Generational Building**  
**Youth at the Forefront: Lessons for Adult Allyship**

## CLASS/ECONOMICS

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**Race and Class and Their Inseparable Relationship**  
**Classism Across Identities**  
**Queer Capitalism: Why Class and Queerness are linked**  
**Bootstrap Myth: Why it's a Myth**

## HISTORIES

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**Queer Liberation History**  
**Conflict Between Communities of Color**  
**The History of How Whiteness Was Created**  
**Knowing our Histories as People of Color**  
**People of Color Liberation Movements**  
**The History of Whiteness & Racism Knowing our Radical Movement Histories**

## COMMUNITY ORGANIZING

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**Down and Dirty: Community Organizing Series**  
*Outline:* What are the issues affecting our communities? Who do we blame? Who's really to blame? This workshop will allow us, as activists and organizers, to identify the issues facing our communities, develop our analysis of the institutions and systems of oppression behind those problems, and strategize to confront them. We will offer some basic tools for understanding activism and organizing theory and strategize how we can apply it to action in our communities.  
**Campaign Building and Strategies**  
**Strategies of Community Organizing and Lessons from the U.S. South**  
**Crossing Lines: Panthers, SNCC and Daughters**  
**Radical Notions: Breaking out of the Mold in our Movements**

## SKILLS BUILDING

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**Alliance & Coalition Building**

*Outline:* Why do we need coalitions? What are the strengths and weaknesses of past and present coalitions that we can learn from and build on? This workshop will answer these questions and identify steps to building strong and effective coalitions for multi-issue organizing. Especially for individuals who are not necessarily affiliated with an organization, building alliances with other individuals and organizations is an essential strategy.

**Real Popular Education Series**

*Outline:* The impact of popular education in community organizing is crucial to understanding the history of our struggles. This workshop will discuss the practices and philosophy of popular education. We will also develop an understanding around methods and processes of popular education in relation to the interlocking systems of oppression.

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**ART/CULTURE**


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**Using Culture as a Weapon****Art as Activism**


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**PERSONAL GROWTH & HEALING**


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**Domestic Violence****Oppression in Relationships of all Kinds****Internalized Oppression and Abuse (substance, emotional, physical, verbal)****Dealing with Ourselves First**

*Outline:* Often in our work we forget to take care of ourselves and our own internalized oppression. This workshop will attempt to discuss our negative patterns, where they come from, and how we can begin to unlearn our internalized oppression.

**Self-Evaluation & Self Criticism**

*Outline:* This workshop will help participants learn a process of understanding that often defensiveness comes from social constructions. This is an opportunity for us to unlearn our instinct to not hear criticism or feedback. We will work on listening, learning and incorporating feedback as well as how to offer feedback of our own.

**Annual Plan**

*Outline:* As part of being conscious and intentional about our entire lives, this is a workshop to help make an annual plan, month by month, topic by topic. One that is realistic and helps personal, professional, political growth.

**Intentional Deliberation**

*Outline:* Being intentional and deliberate. We usually take these for granted and let our lives live themselves while we watch. This is a workshop to help us examine how each act and word we carry out can be towards the goal of helping our growth and building with community.

**Internalized Oppression & Self Care**

*Outline:* This workshop will begin to address internalized oppression under ableism, sizeism, racism, classism, homophobia, non-bi gender/sex phobia, sexism, ageism and globalization. We

are hardly ever given the opportunity to talk about how a lot of our destructive and negative ways come from oppression. By beginning to recognize internalized oppression within us, as well as understanding how to dismantle these oppressions, we hope to support each other in radical ways to find out what it really means to do revolutionary self care.

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## GENERAL

### **The Matrix: Systems of Oppression**

*Outline:* The Matrix is all around us. In the US and globally, White Supremacy, Capitalism, Patriarchy, Heterosexism, Transphobia, Ageism/Adultism and Ableism function together as an inter-connected matrix, based on the exploitation of some for the benefit of others. In his workshop, we will work from common definitions of these systems and develop a deeper understanding of how they play out in our lives and communities, how they work in unison as a whole and why we need to know about them.

### **Check a Few Boxes: Our Multiple Identities and Intersectionality**

#### **How to Develop a Truly Multi-racial, Multi-issue, Inclusive Student Organization**

*Outline:* In this interactive workshop/lecture we discuss the first steps/ do's and don'ts of group development. We also work with existing groups on how to re-vision their efforts to become more inclusive.

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### **Multi-issue Organizing**

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## MODULES

The "Combating Series" Modules are set up as a series of workshops per module and are conducted in succession. Each Module is dedicated to concentrating on a specific oppression. However, each module links individual oppressions to a larger matrix of oppression and focuses on the importance of multi-issue organizing and liberation for all oppressed peoples.

### **Combating Capitalism**

### **Combating Heterosexism/Gender Binaries**

### **Combating Ageism**

### **Combating Ableism**

### **Combating Imperialism**

### **Combating Body Norms**

### **Combating Male Supremacy**

### **Combating White supremacy**