



# SAMPLE WORKSHOP FLOW

## DAY 1

### **Intentions:**

- Form & Foundation our workshop community
- Form on-going learning groups
- Explore IDENTITY and THE FORMATION OF VALUING
- Introduce and practice the Three Circle Model

### **Activities**

- Movement
- Honoring and Bringing Ourselves In
- Introducing goals and FRAMEWORKS
- Scenes from the film & analysis
- Interaction with ASPECTS OF IDENTITY



# SAMPLE WORKSHOP FLOW

## DAY 2

### **Intentions:**

- Define and understand in greater depth KEY DIVERSITY TERMS
- Understand PATTERNS OF DIVERSITY/PATTERNS OF DISCRIMINATION
- Practice using FRAMEWORKS in order to increase ability to perceive and to identify complex dynamics playing out in real time
- FRAMING THE INTERVENTION ~ How big of a job are we signing on for? (within ourselves and in the world at large)
- Explore SEXUALITY & the significance of this lens

### **Activities**

- Movement
- Unloosing Our Terminology ~ a BD101 theatre game
- Discussion of key FRAMEWORKS
- Continue with film
- What's Sexuality Got to Do with it?"



# SAMPLE WORKSHOP FLOW

## DAY 3

### **Intentions:**

- Review previously presented models and reinforce the learning
- Understand how to move BEYOND GUILT & BLAME ~ a very different approach

Stimulate new ways of thinking about essential identity

- Application of this new thinking - An INTENSIVE LABORATORY experience

### **Activities**

- Movement
- In-depth practice in diagnosing core issues
- Interactive practice in USE OF POWER
- Experience diversity workshop tools grounded in the oppressor model and methods of constructively transforming that dynamic



# SAMPLE WORKSHOP FLOW

## DAY 4

### **Intentions:**

- Review previously presented models and reinforce the learning
- Practice DIAGNOSING ON MANY LEVELS AT ONCE
- Learn effective Workshop Design & Facilitation
- Practice in Facilitation

### **Activities**

- Movement
- In-depth work with small learning groups
- Work in Design Teams
- Participate in activities designed by fellow workshop members



# SAMPLE WORKSHOP FLOW

## DAY 5

### **Intentions:**

- Practice in Giving and Receiving Feedback ~ essential skills
- Skills Assessment and Consideration of Back-Home work
- Learning Review & Documentation
- Closing and Appreciation

### **Activities**

- Movement
- In-depth work with small learning groups
- Work in Design Teams
- Participate in activities designed by fellow workshop members