



Recognizing Your Influence: Leading from a Place of Wholeness and Connection (2-part series)

We are all leaders in some capacity— in our family, work, or community. Yet those roles too often get overlooked, and we're taught to lead in ways that neglect our humanity. This introduction to liberatory leadership is for anyone trying to tend to their own wellbeing while staying intentional about their impact on others. This workshop will enable you to:

- Envision wholeness and its connection to leadership
- Recognize where you already hold influence
- Explore new ways of doing and being that support you and those around you

Improving Your Ability with Abundance

In difficult times, we don't have to choose between giving up and forcing optimism — there's a third option. An abundance mindset lets you see problems clearly while also envisioning solutions, or imagining choices that aren't rooted in problems at all. You will be able to:

- Tell an abundance mindset apart from toxic positivity
- Use imagination and possibility to create change
- Leave with a practice to shift from an unresourceful mindset to an abundance mindset

Gaining Confidence and Clarity through Memory Work: Looking Back to Find the Way Forward

Memory work is learning from our collective pasts. Connecting intentionally with the truths and experiences of our ancestors and communities lets us rediscover overlooked events that shape our current reality, reclaim forgotten knowledge, and reconnect to culture. This workshop is for those who want to:

- Understand why memory work is necessary for individual and collective liberation
- Identify how memory work can support you in areas of struggle
- Apply memory work at home, in community, or in the workplace

