

Communicating Resistance and Cultivating Resilience

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Abstract:

For years white women and people of color have been told the best way to respond to the stress of managing institutions not created for them is self-care. While some forms of self-care can be important it is not enough for finding ways to engage our organizations in ways that feel authentic and honest. This session focuses on cultivating a practice of resilience, on constructing communities of care, and finding ways to enact resistance to practices that are used to disempower and often silence us in our organizational structures.

Notes:

This has been one of my more popular workshops lately, but as a communication faculty and consultant I have many additional sessions on communication across difference and difficulty if any of those would be more helpful.