

POC POWER & RESILIENCE

This workshop creates a safe space for people of colour at your organisation to share, reflect, connect and learn without the impact of the white gaze. Together, we explore how our experiences are shaped by racism and whiteness, internalised racism, community solidarity, collective liberation, and develop skills and practices for individual and community care and joy. The session also explores strategies for coping and wellbeing under oppressive and racist systems.

This workshop is for a minimum 10 and maximum of 20 participants per session.

LEARNING OUTCOMES

- To build solidarity among people of colour on your team.
- To the ways we may internalise whiteness and racism.
- To explore the ways we as people of colour may internalise racism and whiteness.
- To reflect on our relative positionality and privilege that we hold within communities of colour.
- To reflect on individuals wellbeing and build strategies to improve resilience and wellbeing.
- To explore the different ways people of colour can, and do enact their power to create change.
- To create a safe space for people of colour to reflect on their experiences, skills and strategies for responding to racism.

"The session actually made me realise many of the the things I have been holding inside of myself growing up as an Asian girl in Australia"

-Workshop participant