

Workshop proposal by Rebecca Frost
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Beyond Appalled: White people awakening together, will aim to create a safe space for self-identifying (motivated, but stuck, ashamed, not as activated as they'd like) white people who come to the conference. Through supportive, but rigorous prompts and modeling of questions, we will talk to each other with the intention of growing beyond the habitual "I'm appalled" response to racial injustices. Out of this unpacking of what keeps us stuck, we will move past internalized obstacles (to working with one another), and increase our capacity as change agents in the world. The workshop will begin with a guided body inventory (people invited to lie down or sit comfortably), to assist in tuning in to the stucknesses (which reside in us on every level). There will be an introductory circle then in which each person can say out loud what they've noticed, and what they are still most curious about. Then through the use of dyads and small groups (depending on numbers), more intimate sharing can occur. We'll end with an invitation to sign up on a list for networking (and possible meeting) going forward. The result will be a humanizing of each other that will pave the way to move from merely 'being appalled' to more radical action.