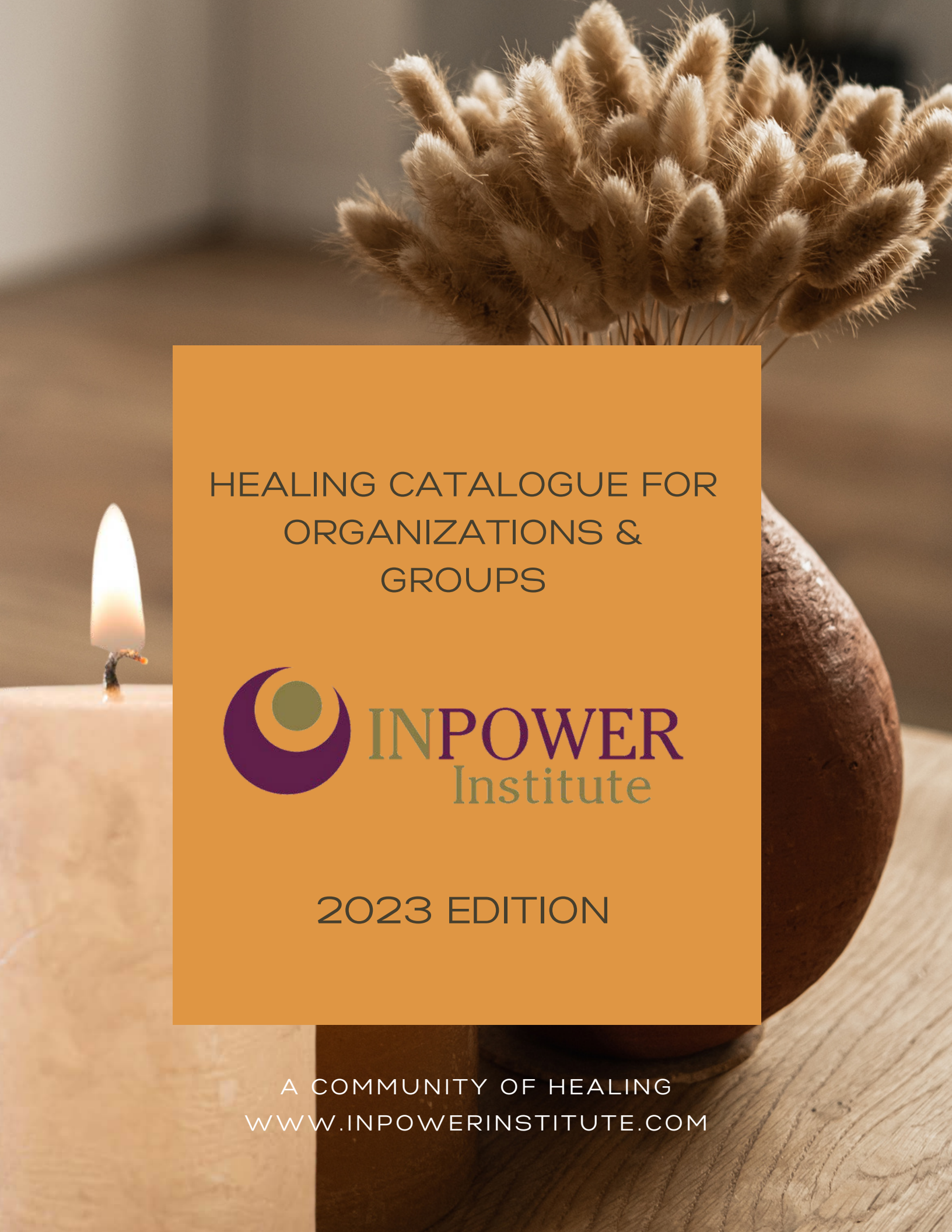

HEALING CATALOGUE FOR ORGANIZATIONS & GROUPS

INPOWER Institute

2023 EDITION

A COMMUNITY OF HEALING

WWW.INPOWERINSTITUTE.COM

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Meet The InPower Community Members Offering The Workshops in This Catalogue

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WELCOME

Welcome to our healing corner of the world. In this catalogue, you will find a host of offerings, for a multitude of audiences and healing needs. Whether you are searching for harmony amongst your staff, deepening supports for volunteers, shifting and transforming culture, or just looking to have fun with your team, we have something to offer your organization. We are excited to get to work with you all!

InPower Institute

ABOUT INPOWER INSTITUTE

Founded in 2010 by Rebeccah Bennett, InPower Institute works to advance a more just and vibrant world through community healing and well-being initiatives that unleash people power. To fulfill this mission, it has formed a community of healers, organizers, educators, activists, ministers, artists, coaches, environmental stewards, physical/ mental and public health practitioners, ritualists and culture keepers who are united in their efforts to promote wholeness and well-being for themselves and their communities. Through its collaborators, core team, and Black Healers Collective (the institute's healing community of practice), InPower offers:

HEALING SUPPORTS FOR INDIVIDUALS

HEALING SUPPORTS FOR ORGANIZATIONS & GROUPS

HEALING SUPPORTS FOR COMMUNITIES

Taken together, these offerings help individuals, groups and collectives address life's traumas; activate untapped potential; and cultivate the capacities needed to create healed futures.

COMMUNITY HEALING OVERVIEW

For many, community healing is a novel concept though its practices are as old as the first human communities. InPower uses this term to describe *a holistic process that works to make human collectives and the people within them healthy, vital and well*. This comprehensive approach to healing addresses a multitude of community needs – mental, physical, social, emotional, cultural, and spiritual to name a select few. It also includes the development of communal responses to harm at the societal level and within interpersonal relationships. Whatever its form, community healing fosters creativity and transformative resilience; promotes life affirming relationships; and advances liberation as an essential condition of human well-being.

HOW TO USE THIS CATALOGUE

This document features InPower's healing supports for organizations and groups, which include nearly 50 workshops, healing salons and community events in five critical areas of focus: 1) holistic well-being and healing, 2) somatic health and wellness, 3) harmonious relationships and connections, 4) transformative work environments and 5) community healing and justice. Interested organizations and groups can select from among any of the listed offerings following an initial consultation with InPower's team to ensure alignment of workshop content with groups' desired outcomes.

Most sessions are conducted as standalones that are two-hours in length and can be attended by up to 20 participants (virtually or in person as negotiated). Any exceptions are noted in the session descriptions. Additionally, as part of InPower's program design, every session is staffed by a presenter or facilitators who can be accompanied by a therapeutic resource or community chaplain if individualized attention is needed. These supplemental supports can be secured during the booking process for an additional fee. The following page provides a snapshot of the entire catalogue and is followed by more detailed workshop descriptions.

HOLISTIC WELL-BEING & HEALING PRACTICES

- Burdens Down
- Dreaming Of A New Success
- I Am Worthy: An Introduction To Inner Child Healing
- Inviting Abundance: Addressing Money Wounds
- Airing of the Mind: Breathwork At Work
- Sacred Renewal
- Spiritual Care Practices for the Workplace
- The Principles Of Pleasure
- Unleashing The Power Within: Restorative Practices Of Self-Care & Love
- Morning J.A.M.M.

SOMATIC HEALTH AND WELLNESS

- Healthy & Wise: Mind, Body & Spirit Connections To Health & Healing
- Peaceful Warriors: Radicalizing Yoga For Anti-Racism
- Remaining Present: An Introduction To Somatic Awareness
- Touch Yourself: Reflexology & Tapping At Work
- We Who Believe in Freedom Must Rest

HARMONIOUS RELATIONSHIPS & CONNECTIONS

- Boundaries for Beginners & Those Of Us Who Can't Get It Right
- Breaking Away From Hierarchy: The Gentle Parenting Approach
- Building Belonging: Moving Beyond Tolerance & Acceptance
- Relationship Stories: Interacting With Others Beyond Our Assumptions
- The Dream Team
- We Wear The Mask
- Breathe Into It: Mindfulness C.P.R. Conflict Resolution
- Emotional Intelligence: A Building Block For Healthy Relationships

TRANSFORMATIVE WORK ENVIRONMENTS

- Anti-Bias Basics
- Circle of Care For White Leaders On An Anti-Racist Journey
- Creating Healthy Community Organizations
- Cultivating Wellness With Disability
- Difficult Discussions
- Energetically Healthy Workplaces (In Medical Settings)
- Essential Oils At Work
- Flourishing Touches: Using Plants & Color To Make Vibrant Workplaces
- Foundations Of Diversity, Equity & Inclusion
- Inclusion Study Group
- Interrupting Microaggressions
- Liberated Healthcare: Creating Integrative Health Environments In Culturally Diverse Settings
- Original Rituals Designed For Your Organization
- Wellness & Longevity In Leadership For People of Color

COMMUNITY HEALING AND JUSTICE

- At The Intersection Of Health, Race & History In St. Louis
- Balm: Community Healing As A Pathway To Liberation
- Community Healing Day: A Space For Grief, Rage & Processing Community Traumas
- Standing At The Crossroads Retreat: The Intersections of Liberation, Healing & Well-Being For Women of Color
- Understanding Racial Trauma
- Foundations of Social Determinants of Health
- Living Well Carnival: A Day of Healing & Wellness
- Mending Wounds: A Guide To Advocacy & Strengthening Family Voice
- Mobilizing The Faithful Plus (MTF+)
- Organizing & Trauma: A Two-Part Workshop & Healing Salon
- Racial Capitalism: A Two Part Workshop & Healing Salon
- Redefining Community Outreach

HOLISTIC WELL-BEING & HEALING

The conditions of our lives can leave many of us hurting, fractured and fragmented. Through **Holistic Well-Being & Healing**, we are supported in embracing and expressing resilience and renewal. These states are our birthrights, but often go unclaimed in the face of compounded distresses, which contaminate the sweet waters of life with dis-ease. We can, however, learn to realign to our core and call upon our experience, strength and hope to help us live healthier, more fulfilling lives.

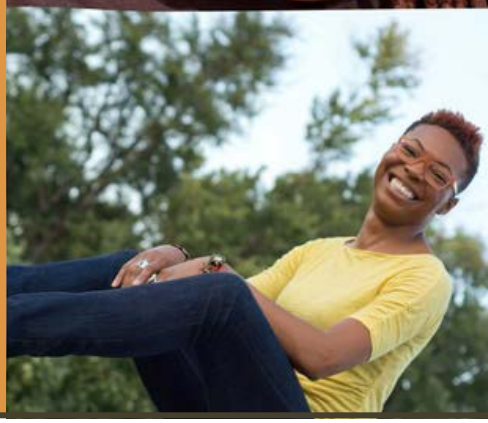
HOLISTIC WELL-BEING & HEALING OFFERINGS

Dreaming of a New Success

Adande Lane & Dr. April Warren-Grice

Fee: $2,500

As whole beings, we are called to fully engage our whole lives with curiosity and intention. In this healing salon, we will dive into the spirit of vision-driven affirmations where we explore the way our dreams activate and affirm our future. It is never too late to be great at something new, you just have to be willing to see it! We will visualize the impossible being possible, create individual and group affirmations and close with a practice of gratitude.



I Am Worthy: An Introduction To Inner Child Healing

Amanda Tello

Fee: $1,500

Many of us have experienced traumas in our childhoods that remain with us in the forms of flight, fight and freeze responses. While this session is not a substitute for therapy, it does invite participants to begin identifying the parts of themselves that need a bit more parenting in order to feel safe and secure. Together, we will examine tools that deepen our emotional intelligence and help us move forward on our healing journeys. This session will include facilitated discussions, collaging, shared reading, peer engagement and information on additional resources.

Inviting Abundance: Addressing Money Wounds

Brittini Gray & Amanda Tello

Fee: $2,500

As a follow-up to the racial capitalism offering, this workshop will dive deeper into money wounds - habits or actions that we have around money that hurt us. We will explore how our money wounds impact our abilities to imagine more abundant lives for ourselves and our families. We will also ask deep questions about the roots of our wounds and implement practices to help us grow beyond them.

Sacred Renewal

Adande Lane

Fee: $1,500

We all need a moment to refresh and energize our spirits. Whether you work with people or systems, the tendency towards overwhelm and burnout can be great. In this session, we will use mindful meditation and emotional acknowledgement to help release the heaviness of our lives and sharpen our tools of empathy, self-compassion, and radical self-love.

Spiritual Care Practices for the Workplace

Rev. Regina Gray, M.Div. & Brittini Gray, MTS

Fee: $2,500

The workplace is one of the places where we spend most of our time as adults. Simple practices of spiritual care can help strengthen the quality of relationships we have at work, regardless of religious practice and/or affiliation. In this workshop, we will talk about the power of active listening and empathy in work relationships. We will also cover trauma and crisis responsiveness as well as how to show up in ways that support our colleagues when they experience the unexpected.

The Principles Of Pleasure

Adande Lane & MoMo Ward

Fee: $2,500

So often our rage and pain are suppressed in ways that stifle our access to excitement and happiness. Participants in this healing salon will spend some time exploring the flipside of pain as we tap into the fullness of pleasure and take back joy and laughter as our birthrights. We will take a short guided "walk" around the areas of our lives that bring us pleasure. We will also affirm our hearts' desires before ending with fun movements that delight our senses and energize our highest vibrations. This salon is available in two forms: 1) for BIPOC (Black Indigenous People of Color) community members only and 2) for open groups of all racial and ethnic backgrounds.

Unleashing The Power Within: Restorative Practices Of Self-Care & Love

Rebeccah Bennett

Fee: $1,500/ workshop

Within each of us lies an extraordinary power to create lives of meaning, opportunity and fulfillment. Accessing this power requires an appreciation of ourselves and a high regard for our personal well-being. Such regard is often labeled as selfish by oppressive structures that habitually devalue and exploit human life. In this context, expressions of self-love and care are both revolutionary acts that affirm our innate worth and evolutionary acts that help us grow into our highest potential. They endow us with the energy and the agency needed to develop healthier lives and a more just and vibrant world. Participants in this two-part series will reflect on self-love fundamentals and engage in care-full practices that support their increased well-being.

Morning J.A.M.M.

Shanina Carmichael, M.A., YT 200hr

Fee: $1,500

During this session, participants will establish a simple morning self-care practice that includes: Journaling, Affirmations, Mindfulness, and Meditation (J.A.M.M.). They will explore the benefits of beginning the day by filling their cups; giving attention to their holistic wellness; establishing healthy morning habits. Time will be allotted for participants to create personalized self-care routines and develop a plan to execute them. We will also discuss how workplaces can support collective morning self-care routines.

Burdens Down

Adande Lane

Fee: $1,500

Being upset gives us information and so does the inclination to complain. We all need a space to “get it out,” whatever “it” is. This session is part confession and part discharge with a whole lot of support and gratitude. Join this nonjudgmental space for a chance to find meaning in the tension and a release for the pressure. Who knew being upset could be so rewarding!

Airing of the Mind: Breathwork At Work

Aminah Tolbert

Fee: $1,500

Breathing, natural inhales, pauses, holds of breath, all typically go unnoticed. No matter what is going on inside us - thoughts, emotions, or perceptions - our breathing is always with us, like a faithful friend. When we Inhale, Exhale and Repeat we can evaluate situations with a clearer breath and make wiser decisions. practice can be engaged at home and in workplace settings to help us flourish personally and professionally. We can unlearn outworn patterns and choose where we place our attention with the help of intentional breathing. When this happens, we are able to not only get centered and improve our performance, but also strengthen our sense of community and connections with others. Breathwork welcomes up to 15 participants.

INTERESTED IN BOOKING A WORKSHOP FROM THE HOLISTIC WELL- BEING AND HEALING CATEGORY?

Email our program manager at workshops@inpowerinstitute.com

SOMATIC HEALTH & WELLNESS

Though we're often taught to think of our minds and bodies as separate, Somatic Health & Wellness builds upon our mind body connections to expand our awareness of what is happening beneath the surface of our lives. The resulting insights and information can help us better understand how our experiences impact our bodies. As such, they can reveal areas of pain and pleasure, discomfort and ease, and imbalance and balance that might benefit from our focused attention and engagement. Somatics integrates this mindfulness into practices of movement and relaxation that work to enhance our general well-being.

SOMATIC HEALTH & WELLNESS

Healthy & Wise: Mind, Body & Spirit Connections To Health & Healing

Afua Bromley, L.Ac., MSOM, Dipl.Ac. NCCAOM

Fee: $1,500

In Healthy & Wise, participants will explore the mind, body and spirit connections to health and healing. Together, we will journey through guided exercises that help cultivate our relationships to our bodies and make us more attuned to states of good health. We'll discover individual obstacles to health and healing and learn how to overcome these to create better health habits. We'll also discuss ways to incorporate into our daily routines stress management, healthy habit formation, acupressure for common ailments, engagement with health allies and improved nutrition. We can all be empowered to better health.

Peaceful Warriors: Radicalizing Yoga for Anti-Racism

Tiara Burtin

Fee: $1,500

Our society is organized in ways that make taking care of ourselves a luxury that only a privileged few can afford or access. This paradigm of self-care as an elite indulgence never worked, but is especially harmful in times when stress levels, physical maladies and emotional suffering are at an all-time high for many. Intersecting health, racial and economic pandemics have tied us up in knots and we need practices that help us release our accumulating tensions. Yoga is one such practice. In this session, participants will stretch into the possibilities, engaging yoga as a tool that helps them learn how to be with the happenings of the world rather than escape from them. They will also respond to journal prompts, experience introspective movement practices and join small group discussions.

Remaining Present: An Introduction To Somatic Awareness

Brittini Gray and Amanda Tello

Fee: $2,500

Somatic awareness (sa) engages emotions, sensations, and physiology as a way to heal from the impacts of trauma. Through somatic awareness, we are able to envision our most aligned selves and to implement practices that bring our values and visions together. At this session, we will introduce participants to the concept of somatic awareness and expose them to practices that they can continue at home, on their own.

Touch Yourself: Reflexology & Tapping At Work

Anyta Wilson, LCSW

Fee: $1,500

Healing touch uses gentle hand techniques to advance physical and mental well-being. This workshop will introduce reflexology as a mode of healing touch. Reflexology applies pressure to specific places on the feet, hands and ears which connect to the central nervous system (CNS). Participants will learn how to massage their hands to activate their body's natural systems to create relaxation, pain relief or focus. This form of self- healing is easy to learn and can be done in any environment.

SOMATIC HEALTH & WELLNESS

We Who Believe in Freedom Must Rest

Shanina Carmichael, M.A., YT 200hr

Fee: $1,500

Rest plays an important role in our bodies defense against illness and greatly impacts our cognitive function, yet many of us are not getting enough of it. This training includes a "Yoga Nidra Session", a special form of yoga designed to reset the nervous system and help participants access a state of deep rest. The presentation will include information about establishing nightly routines to promote better quality sleep. Together we will explore a nightly practice that uses the senses to prepare our bodies for rest and rejuvenation.

INTERESTED IN BOOKING A WORKSHOP FROM THE SOMATIC HEALTH & WELLNESS CATEGORY?

Email our program manager at workshops@inpowerinstitute.com

HARMONIOUS RELATIONSHIPS & CONNECTIONS

We human beings live in relationship from our first breath to our last. It's our interdependence that sustains our personal and collective existence. Our most meaningful relationships - whether at home, work, online or in community settings - not only shape us, they also inform our world views and reality as we know it. The growth edge for many of us is to be in right relationship with one another so that we experience heightened states of well-being through our connections. This is how we create Harmonious Relationships that facilitate our growth and help us to manifest the highest and best within ourselves.

HARMONIOUS RELATIONSHIPS & CONNECTIONS

Boundaries for Beginners And Those Of Us Who Can't Get It Right

Jessireé Jenkins & Adande Lane

Fee: $2,500

On a self-love journey, setting healthy boundaries with others is a top priority. Join us as we examine multiple approaches to defining, establishing, and maintaining safe spaces for our individual and collective growth. Through reflective exercises and courageous conversations, this session will help uncover new tools for the novice (individuals with limited practice setting boundaries) and for those with more experience. No matter the developmental stage, everyone will leave this session as better guardians of their personal well-being.

Relationship Stories: Interacting With Others Beyond Our Assumptions

Anyta Wilson, LCSW

Fee: $1,500

This workshop explores how people tell themselves "stories" about their interactions with others. Participants will learn how assumptions play a huge role in relationships and how to recognize when a story may be interfering with true communication. Using familiar childhood characters as archetypes, Anyta Wilson will introduce new strategies to manage communication, address conflict, and improve interpersonal connections.

Breaking Away from Hierarchy: The Gentle Parenting Approach

Amanda Tello

Fee: $1,500

In these times of pandemic and increased remote work, the boundaries between parenting and working have been blurred for some and completely eviscerated for others. More parents find themselves stressed and struggling when managing both sets of responsibilities. And if we parents are honest, most of us would admit that the quality and quantity of our parenting gets degraded under these circumstances.

We often resort to command and control parenting styles when collaboration, communication and shared understanding are most needed. To move from the former to the latter is not just about learning new parenting tips. It's also about hacking our conditioning by colonial systems to maintain power over our children.

**Gentle parenting is rooted in our desire to dismantle oppressive family dynamics and heal our relationships. It's about choosing the parenting practices that most align with our highest selves. Join us in learning tools that help us transform our connections with our children and cultivate environments of heightened wellness for all.*

Building Belonging: Moving Beyond Tolerance & Acceptance

Rebeccah Bennett & Jaqui Rogers

Fee: $2,500

Human beings need social connection, interaction and cooperation to survive and thrive. Yet, in caste-based societies, often stratified by identity markers like race, class, gender, religion and sexual orientation, relationship-building across differences is socially and structurally discouraged. In these settings, homogeneity and conformity are valued most, while inclusive community-building is made more difficult. Participants in this workshop will explore the importance of belonging to real community formation and examine its distinctions from tolerance and acceptance. They will also learn practices that help them make meaningful connections across and through differences; engage in more authentic self-expression; and hold space for the many dimensions and experiences of others.

Emotional Intelligence: A Building Block For Healthy Relationships

Rebeccah Bennett

Fee: $1,500/ workshop

In work and home settings, relationships often hold the key to our well-being and results. Understanding this, however, does not mean that we practice the emotional intelligence needed to cultivate and sustain healthy relationships in our lives. This two-workshop series provides an introduction to emotional intelligence, giving participants a framework for enhancing their self-awareness, self-management, social awareness and relationship management. Such a framework is useful no matter the context, but especially in environments that are volatile, uncertain and in the midst of transformation.

The Dream Team

Jaqui Rogers

Fee: $1,500

In this workshop, Jaqui Rogers holds space for participants to radically imagine what it looks and feels like to exist on teams where everyone truly belongs.

Through interactive dialogue, hands-on activities and reflection, participants will explore belonging within the context of their individual and collective needs. They will also process steps that they can take to make truly inclusive teams a reality.

We Wear The Mask

Jaqui Rogers & Rebeccah Bennett

Fee: $2,500

Using wisdom and guidance from the internationally acclaimed African American poet, Paul Laurence Dunbar, this workshop, which is named after his monumental poem “We Wear The Mask,” engages participants in reflection on the masks they wear to fit in at work and beyond. Participants will process the challenges that give rise to conformity and will get support naming what authenticity and wellness actually look like. They will also consider steps for removing the masks that keep them from experiencing real belonging.

Breathe Into It: Mindfulness C.P.R. Conflict Resolution

Shanina Carmichael, M.A., YT 200hr

Fee: $1,500

This training uses the acronym C.P.R. to create a collective practice of pausing and developing a shared vocabulary to support wellbeing during conflict. Participants will explore breathing techniques, environmental supports and communication strategies for calming the nervous system in order to create emotional states conducive for peaceful problem solving. This is an excellent workshop for organizations desiring support with creating a workplace culture of care.

INTERESTED IN BOOKING A WORKSHOP FROM THE HARMONIOUS RELATIONSHIPS & CONNECTIONS CATEGORY?

Email our program coordinator at workshops@inpowerinstitute.com

TRANSFORMATIVE WORK ENVIRONMENTS

Many of us spend more time working than we do engaged in other activities. As a consequence, our work environments have an outsized influence on our well-being. These environments, which generally define success in terms of performance, productivity and results, can default into exploitive dynamics that perpetuate bias; generate toxic work conditions, and amplify dissatisfaction among individuals and teams. Transformative Work Environments seek to change these dynamics and heal common organizational dysfunctions. They elevate team members' agency and engagement and resource efforts that create more positive work places.

TRANSFORMATIVE WORK ENVIORNMENTS

Anti-Bias Basics

Anyta Wilson, LCSW

Fee: $1,500

Though bias is a popular term, understanding of what it is, why it matters and how it works varies widely. This workshop builds a common frame of reference and teaches participants where their unconscious biases come from. It also supports them in having self-compassion as they work to become inclusive-minded allies. Anyta Wilson, the workshop's presenter, specializes in creating change without a blame focus. Her approach encourages sharing and reduces angry feelings of "us vs. them," which are commonplace in diversity discussions.

Circle Of Care For White Leaders On An Anti-Racist Journey

Carolyn Griffeth and Lyndsey Scott

Fee: $2,500

This workshop offers an experiential reframing of racial healing work as a lifelong practice that invites white people to heal both their inner wounds and the collective wounds of white supremacy. In a container of deep heart connection and soulful song, Carolyn Griffeth and Lyndsey Scott create a brave space for white leaders who are already engaged in the journey of dismantling racism. Participants will share their grief and inquiries and be supported as they identify their growth zones. This two-hour workshop can develop into an ongoing offering of support and study when requested.

Creating Healthy Community Organizations

Afua Bromley, L.Ac., MSOM, Dipl.Ac. NCCAOM

Fee: $1,500

Grassroots and community organizations are known for their members and staffs being wholly dedicated to and passionate about their causes. These same organizations and workforces are also known for burnout, auto-immune issues, and serious illnesses that can come from overwork and stress. This workshop helps leaders begin to set healthy boundaries, priorities and establish a culture of good health prevention as a crucial component of organizational stability and sustainability.

Cultivating Wellness With Disability

E and Ree

Fee: $2,500

We all deserve to be well, but making wellness accessible has not been a priority for many organizations. In this healing salon, we will focus on how to cultivate wellness with disability, whether our disabilities are visible or invisible or related to our physical or mental health. Through story, physical education, disability justice principles and community healing frameworks, participants will gain a better understanding of wellness practices and learn about emerging healing processes. They will also deepen their overall sense of how to ensure accessibility for themselves and for others who are in their care.

Difficult Discussions

Anyta Wilson, LCSW

Fee: $1,500

We are frequently encouraged to hold conversations about diversity, equity and inclusion across the fault lines of identity and difference. This is usually difficult because it requires us to touch places of unhealed pain and trauma, often with little skill and shared understanding. Anyta Wilson, a licensed clinical social worker and diversity and inclusion trainer, is available to facilitate these types of discussions within organizations that are ready to do this work. She creates respectful dialogue spaces where specific problems can be explored and addressed without blaming or shaming individuals. After each discussion, she provides time for debriefing to help the team/department move forward on its issues.

Essential Oils At Work

Tiara Burtin & Brittini Gray

Fee: $2,500

Aromatherapy is a healing pathway that uses essential oils and plant extracts to improve mental and emotional health. In this workshop, we will explore the cognitive benefits of smell and common workspace stressors and remedies. Participants will also have the opportunity to make their own simple blends as part of this introduction to aromatherapy.

Energetically Healthy Workplaces *(In Medical Settings)*

Afua Bromley, L.Ac., MSOM, Dipl.Ac. NCCAOM

Fee: $1,500

People often visit medical settings when they are feeling unwell. How these spaces are operated and maintained can impact both patients and staffs. This workshop explores how to create an energetically healthy workplace with a specific focus on medical professional settings. Participants will learn how simple additions, tweaks and eliminations can create a physically healthier environment for their staffs and the people they serve.

Foundations Of Diversity, Equity & Inclusion

Jaqui Rogers

Fee: $1,500

When preparing to make commitments to diversity, equity and inclusion, organizations need to know what these terms mean and how to apply them in ways that advance both individual team member and organizational goals. This interactive workshop focuses on: 1) understanding what it means to embrace and celebrate the diversity that already exists on teams; 2) defining what inclusion looks like in practice; and 3) exploring how team members can be more equitable in their actions, decisions and processes.

Inclusion Study Group

Anyta Wilson, LCSW

Contact Presenter For Fee at awarenessinstitute@att.net

Using a study group model, which involves outside reading and journaling combined with in-group practice and discussion, Anyta Wilson will coach organizational groups invested in diversity, equity, and inclusion (DEI). Most of the group's time will be spent addressing DEI issues that come up in group members' daily experiences. Participants will be supported in cultivating collective wisdom that not only advances individual growth, but that also helps improve group dynamics.

Organizations that want to have a facilitated study group must make a nine-month commitment to the process, with the expectation that participants will be present for at least six meetings during that time. This extended course of learning and reflection will help group members deepen their relationships and develop a sense of trust that fosters truth-sharing and vulnerability. Group membership will be closed after the second meeting.

Flourishing Touches: Using Plants & Color To Make Vibrant Workplaces

Tiara Burtin & Anyta Wilson, LCSW

Fee: $2,500

Plants embellish interior spaces, adding verdant greens and vibrant colors to work settings at home and in the office. They also make breathing easier; remove toxins from the air; and brighten rooms with their vital life force energy. As nature's most accessible emissaries, plants have the ability to impact our internal states, which includes elevating our mental functioning and emotional well-being. In this workshop, participants will identify plants that grow well in office spaces; discuss their mental and therapeutic benefits; and decorate plant pots using Colorist Art Theory.

Liberated Healthcare: Creating Integrative Health Environments in Culturally Diverse Settings

Afua Bromley, L.Ac., MSOM, Dipl.Ac. NCCAOM

Fee: $1,500

Through Liberated Healthcare, Afua Bromley offers a systems level introduction to and discussion of transforming healthcare delivery settings. She champions the development of a patient-centered integrative health paradigm. This paradigm can be established in different types of care settings, which include an in-house team of diverse health professionals, an external network of care or a hybrid coalition of internal and external providers. Whatever the setting, this session will emphasize creating holistic plans of care – physical, psychological and spiritual – that empower patients to assume greater leadership in their health.

In addition to promoting patient empowerment, this session will provide an overview of the different roles of health professionals from various traditions around the world – Ayurveda, Acupuncture and Chinese/Japanese/Korean Medicine, and herbal medicine (from South and Central America, Africa, Europe, the Middle East, and Native American homelands). Though this list of traditions is not exhaustive, participants will gain a better understanding of each modality's healing potential. This session is two-hours, but can be expanded to a 6+ hour intensive if there is sufficient interest.

Original Rituals Designed For Your Organization

Brittini Gray & Carolyn Griffeth

Fee: $2,500

Could your organization benefit from a powerful ritual designed for your needs? Ritual and ceremony are indispensable allies for collective healing and empowered creation. Some common purposes for ritual include: letting go of what has been outlived, marking rites of passage, grief tending, blessing land and tradition, and planting seeds of future possibility. This offering begins with a consultation call to gain an understanding of ritual purpose and context and to familiarize ritual leaders with what your organization holds as sacred.

Interrupting Microaggressions

Anyta Wilson, LCSW

Fee: $1,500

Poet Michael Kleber-Diggs notes that “microaggressions are the daily weight of not being accepted.” During this training, participants will learn how to avoid being a bystander to microaggressions and practice several interruption techniques. They will also identify the three types of microaggressions and come to recognize their negative messages.

Wellness & Longevity In Leadership For People of Color

Afua Bromley, L.Ac., MSOM, Dipl.Ac. NCCAOM

Fee: $1,500

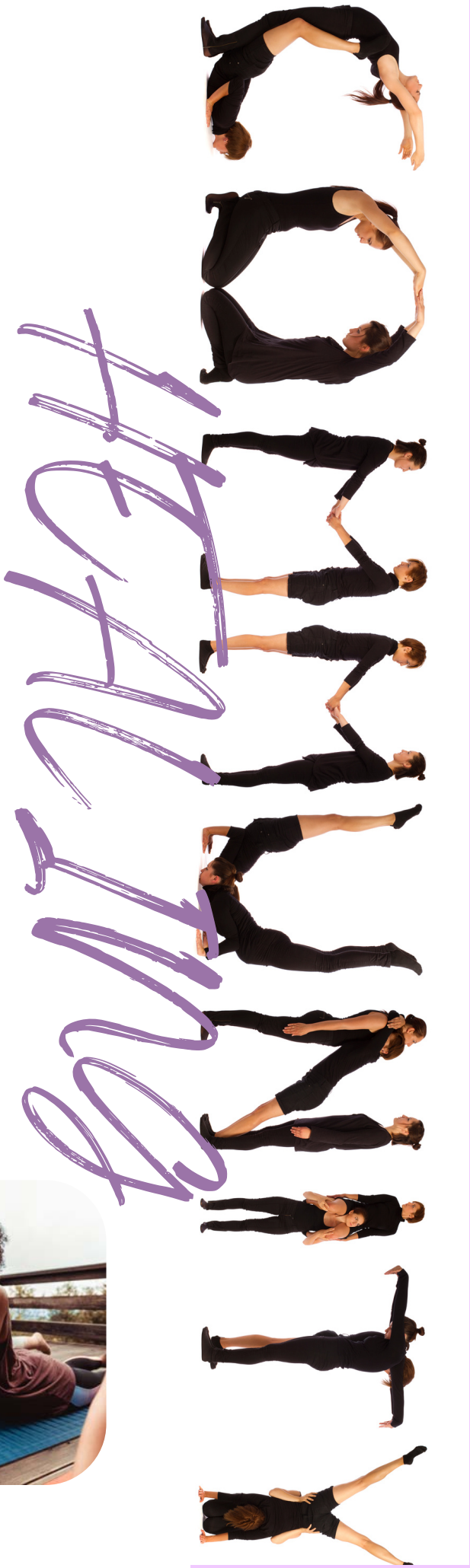
Dealing with racism, sexism, discrimination, bias, and prejudice adds multiple layers of stress that have physical and psychological consequences. This workshop helps leaders of color acknowledge the impact of these challenges; learn tangible techniques to address the harm they experience; and create individualized plans of action that help maintain their physical, spiritual, and psychological health.

INTERESTED IN BOOKING A WORKSHOP FROM THE TRANSFORMATIVE WORK ENVIRONMENT CATEGORY?

Email our program manager at workshops@inpowerinstitute.com

COMMUNITY HEALING & JUSTICE

Living only to advance our personal welfare misses a fundamental truth – that while we are distinct, none of us are separate. Rev. Dr. Martin Luther King, Jr. captured this understanding beautifully when he wrote in his Letter from Birmingham Jail, “We are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly, affects all indirectly.” We live, love and languish together. And because of this truth, we pursue Community Healing & Justice as essential conditions for human well-being.



COMMUNITY HEALING & JUSTICE

At The Intersection Of Health, Race & History In St. Louis

Jaqui Rogers

Fee: $1,500

Building upon the Foundations Of Social Determinants Of Health (SDOH) workshop, this interactive session uses the SDOH framework to explore the disparate states of health experienced by various St. Louis' communities. Jaqui Rogers will elevate historical practices and policies that have led to persistent and predictable health disparities across the region. During this three-hour session, she will also help participants employ their learning to advance organizational goals.

Balm: Community Healing As A Pathway To Liberation

Rebeccah Bennett & Partners

Fee: $3,000

In a society addicted to supremacy and stratified by racial, economic and social caste systems, inclusion is a figment of our collective imagination without real work towards community healing. "Repressive behavior, sadistic power relations, competitive greed to exploit, dominate and humiliate - and our accommodations to these insults - are by now conditioned into the nervous systems of each member of our 'civilized' societies." Whatever our stations, the ubiquity of our wounding is breathtakingly inescapable and manifests as the high prevalence of personal dis-ease and societal distress.

Changing our current state requires an intentional focus on individual and community healing. After all, it's transformed people who transform systems. Learn about an emerging framework for community healing that is arising from racial equity movement work, pandemic response initiatives and deep-seeded cultural practice. Panelists from InPower Institute and the Black Healers Collective will share insights from their efforts to build a community healing field of practice that helps groups process social harm and build transformative resilience.

Community Healing Day: A Space For Grief, Rage, & Processing Community Traumas

The Black Healers Collective

Fee: $7,500

In times of communal crisis, the Black Healers Collective (BHC) holds a ceremonial gathering space to grieve and heal the burdens of collective trauma. These half-day gatherings usually follow experiences of community harm that could benefit from facilitated healing processes and publicly held rituals. Community Healing Days invite individuals, families and community members to engage the painful parts of their experiences, which include grieving what hurts, raging at that which offends, and connecting to positive resources that encourage healing together. In these offerings, the BHC not only acknowledges the presence of human suffering, but also honors the community's collective capacity to endure and eventually recover, and helps connect to sources of meaning and strength. [Note: There is no cap on event participation.]

Standing At The Crossroads Retreat: An Introduction To The Intersections of Liberation, Healing & Well-Being

Presented by Rebeccah Bennett, Brittini Gray, Dr. Billie Mayo and Rev. Gabrielle Kennedy)

Fee: Contact Presenter for Fee at rbennett@emergingwisdomllc.com

Led by Rebeccah Bennett, Brittini Gray, Dr. Billie Mayo and Rev. Gabrielle Kennedy, the Leading Liberation Retreat Series creates safe spaces for Black Women and Women of Color change makers to experience restoration, liberation and culturally responsive healing practices. Standing At The Crossroads is one of three retreats in the series and offers a daylong experience that provides an introduction to the intersections of liberation, healing and well-being. It uses ceremony and ritual, individual reflection and group processing, poetry and song, and new operating frameworks to help participants reimagine liberation as not only resistance and deconstruction, but also as resiliency, healing and wellness. Conducted in an energetically uplifting setting, this retreat addresses the many dimensions of women's personal and professional life experiences and is a great way to build community among people in the same organization or across organizational settings. It can accommodate up to 20 participants.

Foundations Of Social Determinants Of Health

Jaqui Rogers

Fee: $1,500

In our societies, there are multiple factors that impact individual and collective well-being. This foundational introduction to the Social Determinants Of Health (SDOH) offers an interactive way to explore how neighborhoods and built environments, health and health care, access to education, social and community contexts, and economic stability intersect to impact life outcomes. Participants will examine how these factors create a framework for addressing and ultimately transforming the region's disparate health outcomes.

Living Well Carnival: A Day of Healing & Wellness

The Black Healers Collective

Fee: $7,500

This half-day offering from the Black Healers Collective (BHC) provides access to a variety of wellness modalities through a curated day of engaging activities. BHC members hold space for intentional connection and community, which enables participants to: 1) be truly witnessed and seen; 2) experience the delights of healing relationships;

and 3) engage each other with love and positive regard. While no two carnivals are the same, they always involve multiple dimensions of wellness - physical, emotional, spiritual etc. - and employ sound, movement, creative expression, and reflection. All carnivals are rooted in expressions of joy, pleasure, resilience and relationship. [Note: There is no cap on event participation.]

Mending Wounds: A Guide To Advocacy & Strengthening Family Voice

Alecia Deal

Fee: $1,500/workshop

Organizations that serve families of color can benefit from a comprehensive framework that supports family well-being and self-advocacy. This two-part workshop series introduces the ten core principles of strengthening the family, which include tools and practices that foster real partnerships with families. Among these principles are personal attribution, inclusion, social support, cultural identities, healthy behaviors, physical health, empowerment, advocacy, communication and resilience. Participants will uncover how these principles help create the conditions needed for family thriving.

Mobilizing the Faithful Plus (MTF+)

Presented by Faith HEALS, Organized by Rev. Gabrielle Kennedy, PAHM, MBA, M.Div.)

Fee: $1,500

MTF+ uses a framework of data, faith and healing to advance a basic understanding of the history and conditions of structural racism in St. Louis. Participants will learn how these conditions give rise to environments where health disparities thrive. They will also consider how their faith traditions and theological lineages contribute to their responses to health inequities. Rev. Kennedy will help participants examine their responses and augment them with somatic healing practices that help address inequity-based traumas.

Organizing & Trauma: A Two-Part Workshop & Healing Salon

Brittini Gray & Amanda Tello

Fee: $2,500/workshop

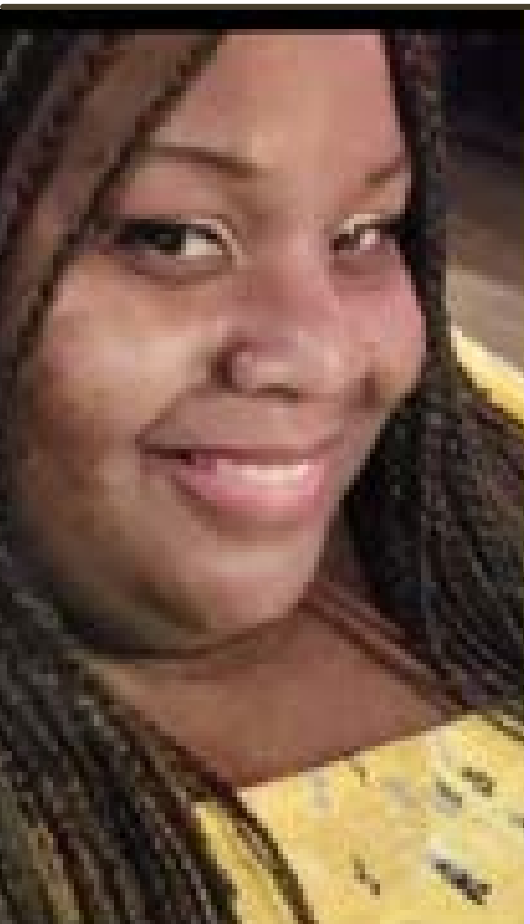
In this healing justice series, we will examine the toll that organizing takes on those of us who are engaged in the work and discuss how to counteract our experiences of trauma in community. During our first workshop, we will develop an understanding of trauma, triggers, and the impacts trauma has both on our bodies and our communities. We will also consider how we meet communities in their unhealed spaces and uncover strategies for organizing successfully and healthily. Our second workshop will serve as a healing salon. It will include a healing circle that surfaces our own traumas and provide practices that strengthen our self-care in the work.

Racial Capitalism: A Two-Part Workshop & Healing Salon

Brittini Gray

Fee: $1,500/workshop

Racial Capitalism is a workshop and healing salon that considers the costs of extracting social and economic value specifically, though not exclusively, from People of Color. Rooted in healing justice, the workshop will deepen our awareness of and resistance to exploitive economic dynamics. It will ground us in a shared understanding of white supremacy and racial capitalism and offer framing that helps us see how the latter shows up in our everyday lives. The subsequent healing salon will support participants in centering themselves as social justice warriors and foster the development of life and value affirming rituals.



Redefining Community Outreach

Alecia Deal

Fee: $1,500/workshop

This two-part workshop series is designed to help organizations better live into their missions by improving their relationships with the people they serve. Alecia Deal will share the Five Foundations of Community Outreach, which offer an approach for transforming inequitable power dynamics that keep organizations from meaningfully engaging and partnering with their service communities. Participants will learn about cultural literacy, collective dynamics, language immersion, social empowerment and acceptance as critical keys for strengthening community and client relationships.

Understanding Racial Trauma: A Two-Part Workshop

Rebeccah Bennett & Anyta Wilson

Fee: $2,500/workshop

Racism and its intersections with other forms of oppression can “shatter the I and we of us,” leaving wounds that persist across generations. The resulting mental and emotional injuries are known as racial trauma and are commonplace in communities with entrenched caste systems. This workshop will enhance participants’ understanding of the destructive effects that institutional, individual and internalized racism have on Black Indigenous People of Color. It will also explore practices that help to heal the compounded traumas that these communities live with in US society.

INTERESTED IN BOOKING A WORKSHOP FROM THE COMMUNITY HEALING & JUSTICE CATEGORY?

Email our program manager at workshops@inpowerinstitute.com

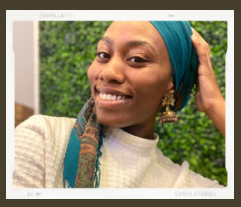
PRESENTER BIOS

Rebeccah Bennett

Rebeccah Bennett is a serial community builder and social entrepreneur. In the last two decades, she has founded: Emerging Wisdom – a St. Louis-based community and organizational development consulting firm; InPower Institute – an operating foundation committed to community healing and well-being; the Black Healers Collective – a community of practice that advances the healing and wholeness of African diaspora peoples; and Spirit Rising – a spiritual community that supports its members' spiritual growth and liberation. Though her areas of interest and expertise are wide-ranging, her work is singularly focused on elevating the human condition.

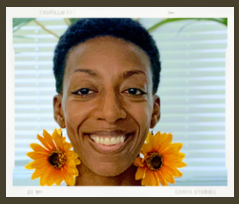
Afua Bromley, L.Ac., Dipl.Ac. NCCAOM, MSOM

Afua Bromley is the owner of Acupuncture St. Louis & Wellness Center, a holistic multi-specialty clinic in St. Louis, MO where she practices Acupuncture and Traditional Chinese Medicine. In addition to her private practice, she is also the Founder / Executive Director of Universal Holistic Healthcare Services and the former Board Chair of the National Certification Commission for Acupuncture and Oriental Medicine. Throughout her career, Afua has worked to promote equal access to quality integrative medical care for those in underserved and disenfranchised communities, particularly African-American and Latinx communities, as well as those living with HIVAIDS.



Tiara Burtin

Tiara Burtin is an artist, birth doula, dance instructor, naturopathic herbalist and yoga teacher. She has taught healing, performing and visual arts in Belize, Atlanta, Pittsburgh, New Orleans and St. Louis. A creative by nature, Tiara explores the many ways to use art in service of mental, spiritual and emotional wellness. Whether she's focused on painting or somatic dance therapy, assisting in unmediated births or practicing mindfulness, Tiara's holistic healing practice supports personal healing and social justice.

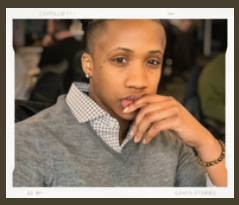


Shanina Carmichael

Shanina Carmichael is a Master's Degree level Social Worker with a degree from The University of Chicago's School of Social Service Administration. She is a certified yoga instructor trained to provide stress management and wellness tools to individuals, communities, and organizations.

Alecia Deal

Alecia Deal has 15 years of experience in grassroots organizing and advocacy for social, racial and educational equity. She is one of the Co-Founders of Village of Moms, a community-based organization dedicated to literacy empowerment and educational success in urban, African American communities. Alecia's work with Black moms and families in St. Louis focuses on personal and communal upliftment as well as on systems transformation. She brings power and unique perspectives to her community and organizational endeavors as one who has experience serving as a client, advocate, consultant and social service provider.



ēNiCōL

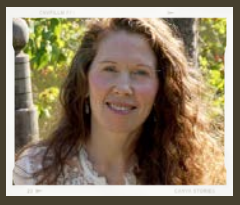
E is a creative catalyst for positive change within teams, organizations, and communities. They partner with leaders and frontline stakeholders to design and implement sustainable, scalable community and organizational initiatives that sit at the intersections of wellness, community / organizational development, and personal and professional transformation through a DEI lens.

Brittíni Gray

Brittíni "Ree Belle" Gray is the Founder of both Rebellyen, LLC a consulting and wellness firm and Mama Scrap's Inc., a nonprofit committed to the healing of both people and land. She also serves as the Organizing Director of the Black Healers Collective and InPower Institute. With over 15 years of experience as an organizer, healer, artist, ceremonialist, and wellness curator, Ree Belle has influenced individual and institutional change. Aligned in her truth, power and wisdom Ree Belle brings a transformative experience to the spaces she enters.

Rev. Regina Gray, MDiv

Ordained minister, chaplain, and life coach, Rev. Regina Gray holds a Masters in Divinity from Eden Theological Seminary where she specialized in chaplaincy care. Known by many as Mama Regina, she has touched much of the pain that exists in humanity with courage and believes that we must be willing to encounter the pain so we can heal it.



Carolyn Griffeth

Carolyn Griffeth is a spiritual minister and mentor, ritualist, and facilitator of human wholeness rooted in a diversity of spiritual traditions. She has a Master's Degree in Pastoral Studies and is on a never-ending journey of recovery from internalized white supremacy. Carolyn serves as a minister and small group leader within the InPower Institute community.

Jessireé Jenkins

Jessireé Jenkins combines her expertise in library and non-profit management with her interests in the arts, technology, civic engagement, and social justice. As an emerging leader, she focuses her civic and professional commitments on advancing positive change in arts and healing organizations as well as in community settings. Jessireé believes in the power that seemingly ordinary people can have in transforming communities.

Rev. Gabrielle NS Kennedy, MBA, MDiv

Rev. Gabrielle NS Kennedy is a native North St. Louisan, pastor of Buren Chapel African Methodist Episcopal Church and interim Executive Director of Faith HEALS. She operates her ministry in the areas of health equity, healing practices and liturgical leadership. Rev. Kennedy has nearly 15 years of non-profit experience and 17 years in commercial and Medicaid Managed Care. She has worked with multiple civic organizations committed to dismantling structural oppression and establishing racial, gender and economic equity.

Adande Lane

Adande Lane - a healer, coach and seminarian - has more than a decade of experience in character development and transformational coaching with individuals and organizations. Founder of The empowerSHE Network, Adande curates safe spaces to BE and BECOME with purpose and on purpose. She genuinely believes that the healing of all will come as we intentionally engage our highest selves and hold space for others to do the same.

Dr. Billie Mayo

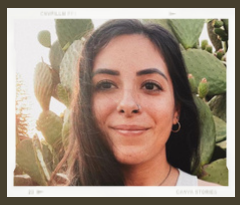
Dr. Billie Mayo, a retired educator, is a Senior Consultant and former co-owner of Educational Equity Consultants, an organization committed to dismantling racism in public education and to building the capacity of individuals, schools and organizations to address racism in ways that enable all people to reclaim their inherent intelligence and nobility. She spent 23 years as a middle school educator before moving to central level administration where she worked until retiring from St. Louis Public Schools after 38 years of dedicated service. Billie is currently serving as a Racial Equity Consultant / Coach for Alive & Well STL, a nonprofit dedicated to shifting cultures and systems while helping people to develop pathways to healing, well-being and equity.

Jaqui Rogers

Jaqui Rogers is an experienced diversity, equity and inclusion professional who specializes in group facilitation and curriculum development. She has a demonstrated history of working in the health care, education, tech and finance industries. Learn more at www.iamijaqui.com.

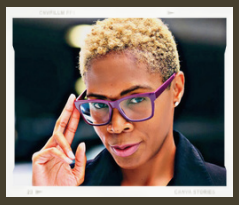
Lyndsey Scott

Lyndsey Scott is an artist and ritual-maker devoted to priestesSing the Heartland (literally and figuratively). She catches and weaves sacred music to empower earth-based spiritual consciousness and gathers soul circles that use Song and sacred listening to decompose oppressive scripts that get in the way of our freely living the Love that we are.



Amanda Tello

Aligned in truth, power and wisdom, Amanda Tello of the Esselen and Mixtec Nations seeks to live an intentional and examined life. As a birth worker and mother, she practices traditional medicine and conscious parenting, all of which involve healing practices that allow individuals and groups to transcend generations of trauma and thrive as free people.



Aminah Tolbert

Aminah Tolbert's roots are in St. Louis, but extend to the West coast She is a truth teller and community nurturer whose mission is to help humanity remember its wholeness. Aminah is also the founder of TEADOM - a sun-brewed herbal elixir company; an initiated Pranayama Facilitator who curates breath and sound play; and an Apitherapy BeeKeeper who engages bees in various healing modalities. While unconventional, Aminah's array of healing practices are all designed to improve the wellness of humankind.

The Black Healers Collective

The Black Healers Collective is a community of change agents working to advance the healing and wholeness of African diaspora people. Its commitment to the well-being of Black people, families and communities extends to all of humanity and life on Earth, yet is rooted in the deep and abiding love members have for Black lives and culture. This love binds the Collective together across diverse backgrounds, traditions and healing arts and compels members to both heal themselves and serve others.

Mozella Ward

Mozella Ward, also known as MoMo, is a trans fluid social worker, yoga practitioner and healing creative. They center on sexuality / intimacy education, sensual guiding and portals of play. For the last two years, MoMo has been a Fellow in InPower Institute's Residency Program, a professional development initiative for out-of-state community healers who are doing innovative and impactful work in the field.

Dr. April Warren-Grice, PhD

April Warren-Grice is a community healer and scholar focusing on the liberation of Black youth. As an academic, she serves as the Dean's Equity Scholar at the University of Pittsburgh School of Education, and as a lecturer at Washington University in St. Louis. She is also the founder and CEO of the education consulting company Liberated Genius.

Anyta Wilson, LCSW

Anyta Wilson, Founder of The Awareness Institute, is a therapist who considers herself to be a shaper of healing stories. She helps people to rewrite their painful trials into empowering, uplifting tales of strength. She also holds space for people to release pain through story sharing that opens new possibilities for hope and healing. In addition to her therapeutic work, Anyta engages schools, churches and businesses in diversity, equity and inclusion work that fosters cross-cultural dialogue and addresses unconscious beliefs.

WE LOOK FORWARD TO WORKING WITH YOU!

Whether you are interested in one workshop, a series, or several from multiple categories, we are here to meet your healing and wellness needs at your organization or with your group. For questions, or to book, please contact our program manager, Jaqui Rogers at *workshops@inpowerinstitute.com*

Designed By: Brittini "Ree Belle" Gray