



HOST TRAINING: RACE CONVERSATIONS WORKSHOP

9:00 am – 4:00 pm on Zoom

Part of the RACISM IN AMERICA: WHAT IS MINE TO DO?® Program

WHO TRAINING IS FOR	<ul style="list-style-type: none">• For those wanting to co-host the Workshop for groups, large and small.• Prerequisite: attend Race Conversations Workshop.
TRAINING TO DELIVER 2 FORMATS	<ul style="list-style-type: none">• Core curriculum based on 2-day program.• 1-day version + Zoom call also available.
EMBRACE 3-STEP METHODOLOGY TO INCREASE CONVERSATIONS ON RACE	<p>#1. Look inside for answers.</p> <p>#2. Learn impactful ways to hold conversations on race, our Technology of Change.</p> <p>#3. Discern 'What Is Mine – Uniquely Mine – To Do?'</p>
HOST TRAINING OUTCOMES	<ul style="list-style-type: none">• How to co-host using the Host Timeline that spells out every step.• How to introduce exercises and guide discussions.• Ways to handle difficult conversations.• Ways to co-host, to build alignment and to support each other.• Gain confidence to guide others.
TRAINING VIDEO SHOWS THE WAY	Training video articulates the philosophy and outcomes, demonstrates exercises, reveals the learning arc, and builds momentum to the powerful conclusion – What Is Mine To Do?®
YOUR ROLE AS CO-HOST, NOT AS EXPERT TRAINER	<p>Your role is to hold a welcoming, respectful space. To guide participants. To encourage them on their journey.</p> <p>You are not the 'subject matter expert'. You are learning alongside participants every time you host. The skills of a trained facilitator are not required.</p>
'WORKSHOP IN A BOX' HOST TIMELINE + TRAINING VIDEO + PARTICIPANT NOTES	Discover how to work with the essential training tools: <ul style="list-style-type: none">• Workshop Host Timeline• Training Video• Participant Notes and handouts

RACIAL MIX OF PARTICIPANTS & CO-HOSTS	<ul style="list-style-type: none"> • Curriculum based on holding cross-race conversations. Groups are assembled to insure diversity. • Diverse co-hosts model cross-race conversations and co-leadership.
KEY TENETS ENCOURAGE RESPECT DESPITE THE DIFFICULT TOPIC	<ul style="list-style-type: none"> • Appreciate there will be unfinished business. Race relations aren't fixed in a workshop. • Recognize that others don't share your understanding of racism's history or what to do next. • Acknowledge tendencies to shut down, become defensive, and maintain certitude when talking about race. • You're not here to change anyone's mind but your own.
WISDOM TRADITIONS SHOW THE WAY	<ul style="list-style-type: none"> • Curated exercises generate empathy and conviction. • Demonstrate how to relate without shaming and blaming. • Allow time for reflection. • Call on gifts of humility and at times, bravery.
ONGOING PROFESSIONAL ADVICE & RESOURCES	<ul style="list-style-type: none"> • Inward Bound trainers consult at no charge to prepare you and your co-host. • Access marketing collateral: templates for flyers, emails, bulletin announcements, social media posts, and more.
TESTIMONIALS	<p>"I understand it's not my job to be a subject matter expert. I guide people on a private process of self-discovery."</p> <p>"I have new tools to help with difficult topics."</p> <p>"I found my future co-host in the training!"</p> <p>"Co-hosting is my answer to, What Is Mine To Do?®"</p>
CONTACT	<p>Questions and inquiries: info@inwardboundprograms.com</p> <p>Catherine Perry, Founder</p>



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