



- The ISS Mary Anne Haas -
WOMEN'S SYMPOSIUM



- The ISS Mary Anne Haas -
WOMEN'S SYMPOSIUM

presents

Reflect and Recharge

Facilitated by Homa Tavangar

homatav@growingupglobal.net

growingupglobal.net, linktr.ee/homatav

iSS INTERNATIONAL
SCHOOLS SERVICES

Making a world of difference



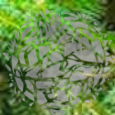
The ISS Mary Anne Haas
WOMEN'S SYMPOSIUM

Reflect + Recharge

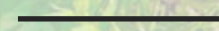
Facilitated by Homa Tavangar
homatav@growingupglobal.net
linktr.ee/homatav



Let's check in.
In the chat please add
one or two words describing
how you **GET OR GIVE JOY.**



We are here to
hit the pause
button ...

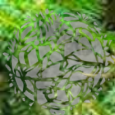


**Self-care can be
an act of courage
– and even
rebellion**

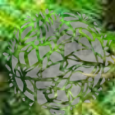
(From August session)

**Self-care can be
an act of
honoring and
remembering.**

(From September session)

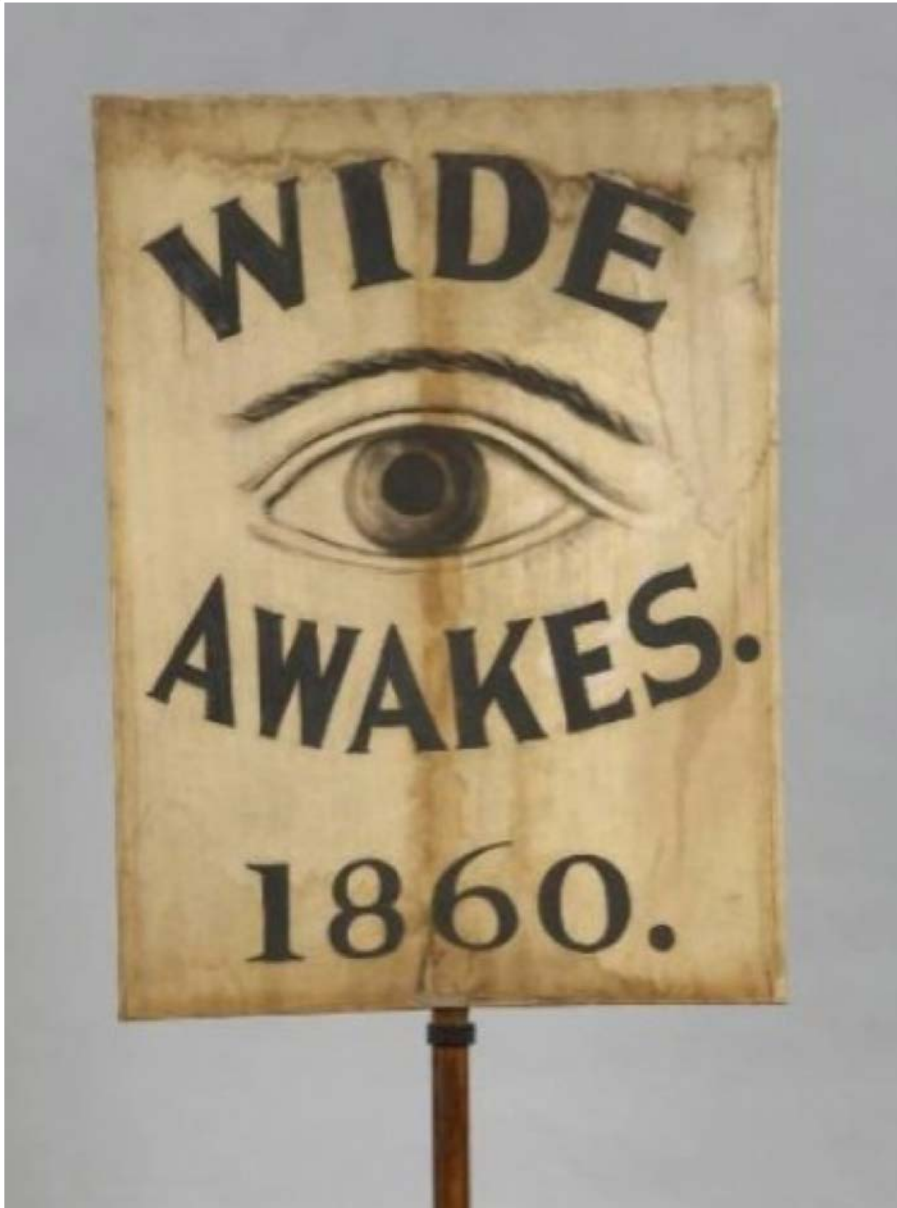


Self-care as
slowing down in
order to be able
to “speed up.”



Self-care as
closing our eyes
to help us be
“wide awake.”

We are often surrounded by duality.



GRAND PROCESSION OF WIDE-AWAKES AT NEW YORK, ON THE EVENING OF OCTOBER 3, 1860.



The New York Times

Account ▾

A Civil War Political Movement Reawakens — Complete With Capes

In 1860, the Wide Awakes mobilized against slavery and for Abraham Lincoln. A new collective is tapping into their spirit today.





QUEST EDITOR HEE ANHVELL/ARTWORK/WWW.PHOTO.COM

DAZED
INDIVIDUALLY
WE ARE
ASLEEP
AWAKE
WE ARE
TOGETHER



Inspired by the Wide Awakes of 1860, our 2020 AWAKENING takes a cue from this band of abolitionist dreamers and widens the lens. Like them, we're imagining radical visions into reality. We entered February's Congress as delegates of For Freedoms and we all emerged Wide Awakes, aiming for liberation and emancipation, insisting on the future, asking big questions—playing an infinite game.



The Wide Awakes

Join the largest collaboration of cultural leaders in U.S. history with nationwide civic actions before and after the 2020 election. SEP



\$119,320

pledged of \$100,000 goal

930

backers

Aim: “to radically reimagine the future and enable self-emancipation.”

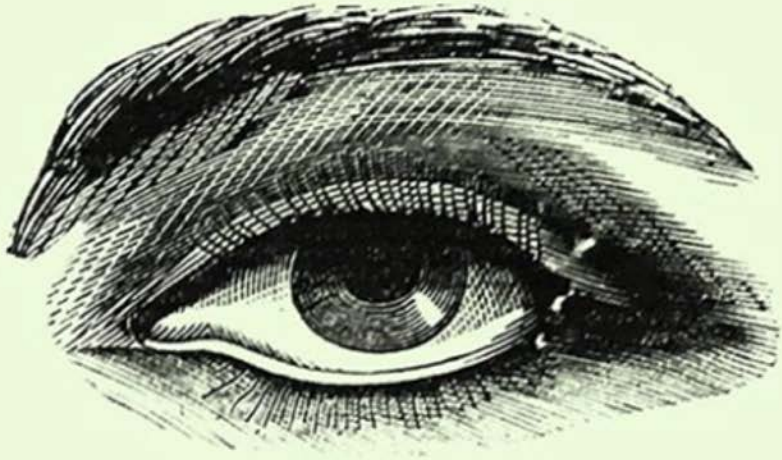
*And so we created this alternative way to protest, which was **protesting through joy**. Because I think what we realized was that we also needed it, and we wanted to give it.*



Remind me



WIDE



AWAKE

2020

During a time of profound stress and crisis, what does it mean to you to be “wide awake”?

**Meditate for 20 minutes a day,
Unless you're really busy...
Then make it an hour.**



Breathe...







Two Things Can Be True At Once

I can be learning,
and unlearning

I can love you,
and still have boundaries

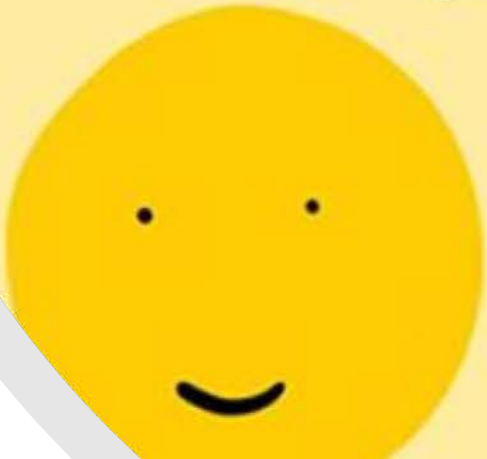
I can be grieving,
and still hold space for joy

I can be in my comfort zone,
and still be growing

I can be afraid,
and still be vulnerable



ME:



ALSO ME:





We all hold
contradictions. What
other ones can you
think of?



You can really, really love the work you do, see it as a calling, be super grateful for all the opportunities coming your way, AND still need a break and be exhausted from it.

THE NAP BISHOP

The Nap Ministry



Practice Sleep Hygiene:

Harnessing
the positive
habits to
make it
easier to
sleep
soundly
throughout
the night and
wake up
well-rested.



Obtaining healthy sleep is important for both physical and mental health, improving productivity and overall quality of life.

In Chat or Discuss: What routines, tips for rest or sleep hygiene do you have?



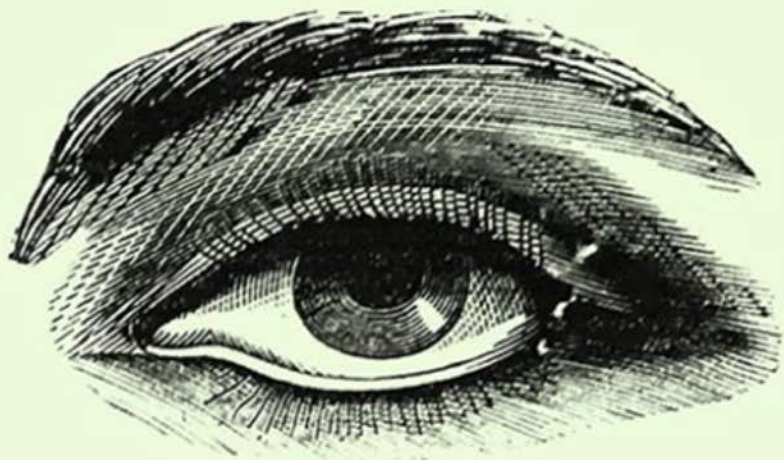
7 Types of Rest

01. Time away
02. Permission to not be helpful
03. Connection to art and nature
04. Solitude to recharge
05. A break from responsibility
06. Stillness to decompress
07. Alone time at home

Source:
@thechalkboardmag



W I D E



A W A K E

2020

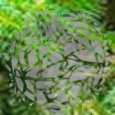
Break-out Groups -
From REST to Wakefulness.
Discuss: What brings you
joy and how might you
disrupt systems or
processes that are not
working by practicing joy,
attention, being fully
awake and alive??





Reflections on break-out discussions...





**Before we check out:
how might you inject
joy into your week?**

Gracias, Merci, Xiè xiè, شكراً, Thanks!

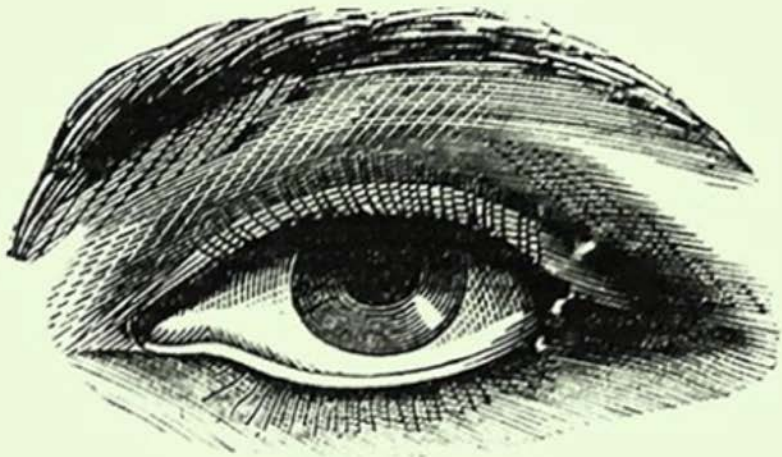
To reach Homa:
homatav@growingupglobal.net



We will start at the top of the hour.
Please feel free to take a break, get a
snack, whatever you need. Or, stay with
us to visit until we begin our next
section, "Reinforce."

Reinforce – this is our time
to **amplify** experiences,
voices, reflections and to
grow

W I D E



A W A K E

2020

**Let's build on the
"wakefulness" theme to
notice and disrupt
patterns we might
unwittingly perpetuate.**



NEUROPLASTICITY AND THE BRAIN

You might be born with bias and the brain registers human difference within .200 milliseconds but brains neuroplasticity allows for:

- **Cultivating** curiosity
- **Moving** toward the positive (from negative)
- **Growing** in kindness, compassion, and caring
- **Pursuing** transformational thinking
- **Building** new behavior habits
- **Accessing** higher levels of self-awareness
- **Managing** and even overriding networks that interfere with inclusive behavior/actions

We are capable of these
demonstrations of high
functioning, if...

A silhouette of a person performing a handstand against a sunset background. The sun is a bright yellow circle in the center, surrounded by orange and red clouds. The person is on the right side, with their legs raised and arms supporting their weight on the ground.

WE FEEL PSYCHOLOGICAL SAFETY.



In the chat or verbally,
let's discuss: How might
you model (or how have
you seen others model)
creating psychological
safety?

"The hope for progress is greatly increased by this groundbreaking
new book." —Bryan Stevenson, author of JUST MERCY



BIASED



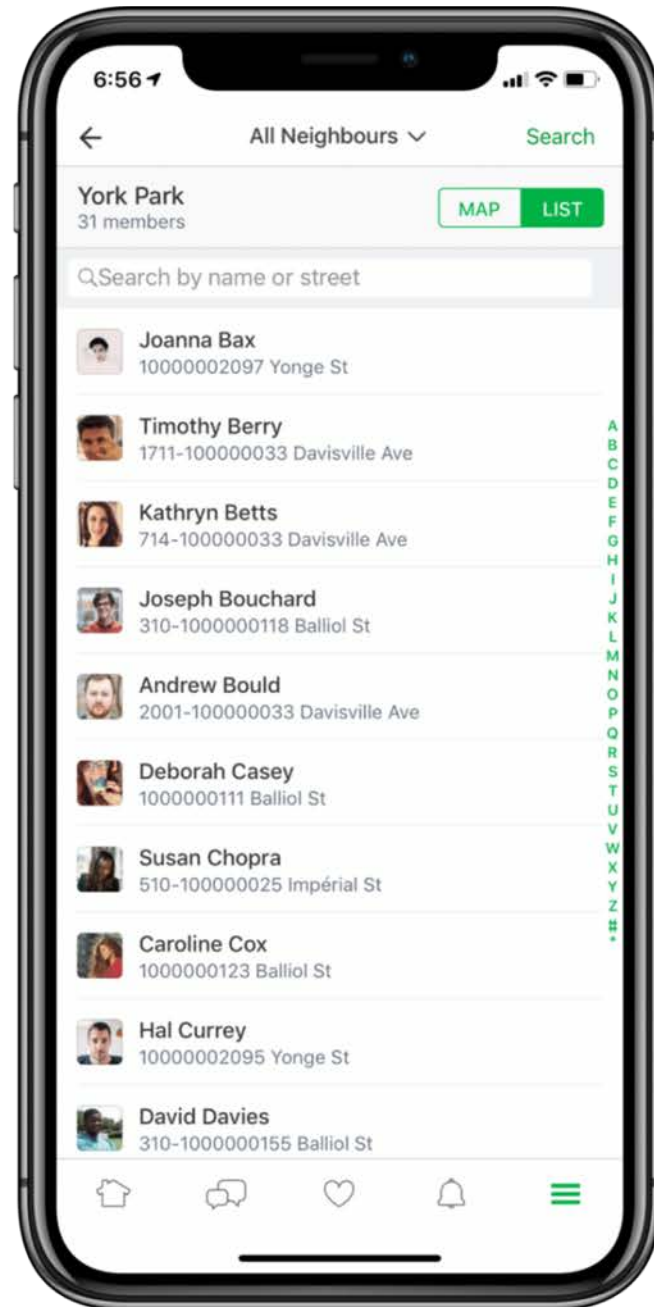
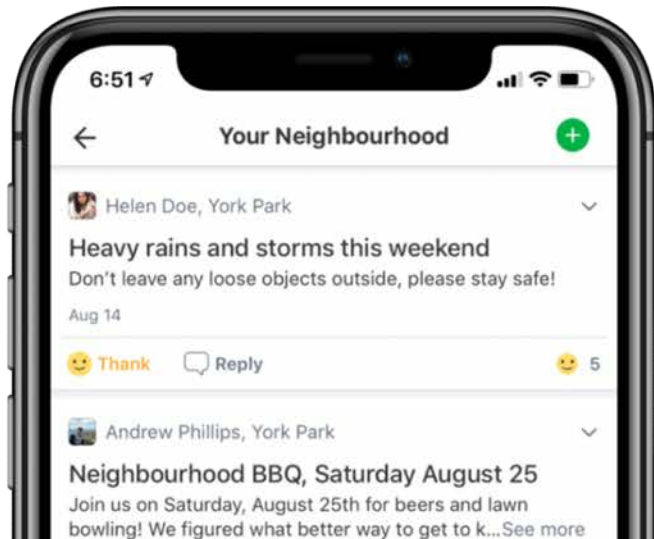
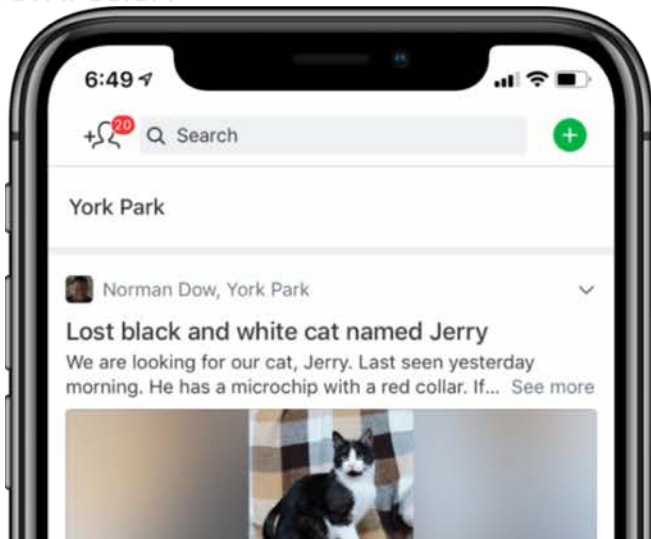
Uncovering the Hidden Prejudice
That Shapes What We See,
Think, and Do



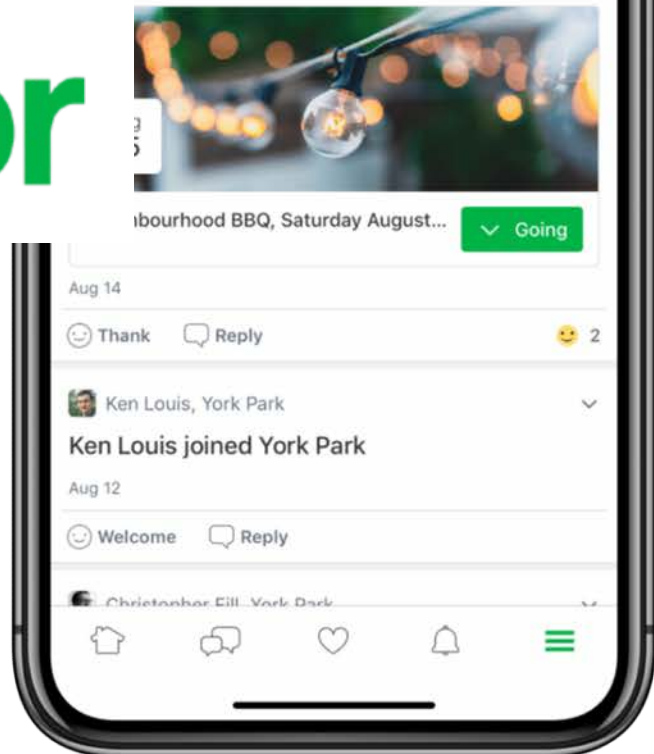
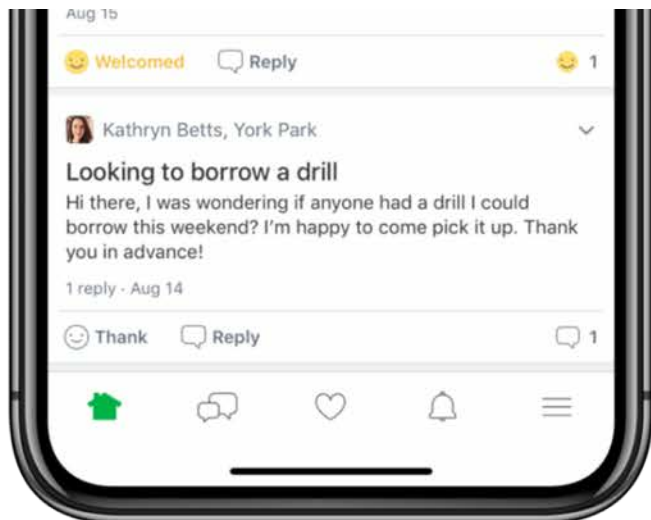
JENNIFER L. EBERHARDT, PhD

"Implicit bias is not a new way of calling someone a racist. In fact, you don't have to be a racist at all to be influenced by it. ***Implicit bias is a kind of distorting lens that's a product of both the architecture of our brain and the disparities in our society.***"

— ***Jennifer L. Eberhardt***, *Biased: Uncovering the Hidden Prejudice That Shapes What We See, Think, and Do*

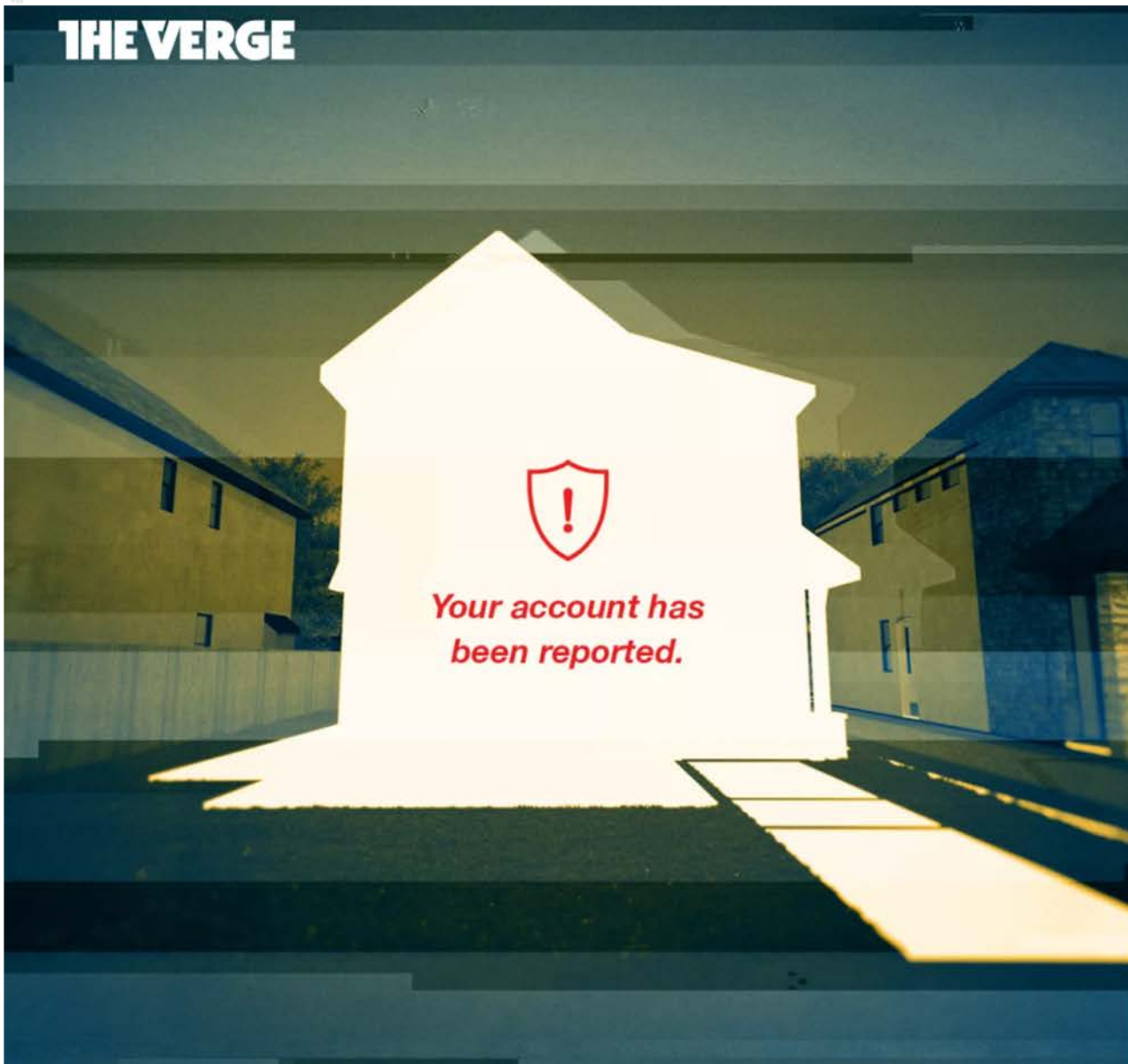


Nextdoor





THE VERGE



POLICY

INSIDE NEXTDOOR'S 'KAREN PROBLEM'

Can Nextdoor really be a social network for communities if black people don't feel safe on it?

By [Makena Kelly](#) | [@kellymakena](#) | Jun 8, 2020, 1:44pm EDT


- The ISS Mary Anne Haas -
WOMEN'S SYMPOSIUM

Introducing *friction* into the technology can look like this.



Post a message ×

Describe a person

ASK YOURSELF
What details can I add that will help distinguish this person from other similar people?
 Describe clothing from head to toe. Police say this is the most helpful to neighbors (and helps avoid suspecting innocent people).

When race is included, you must include at least 2 of the highlighted fields. (Why?)

Hair:

Top:

Bottom:

Shoes:

Now give the other basics

Age:

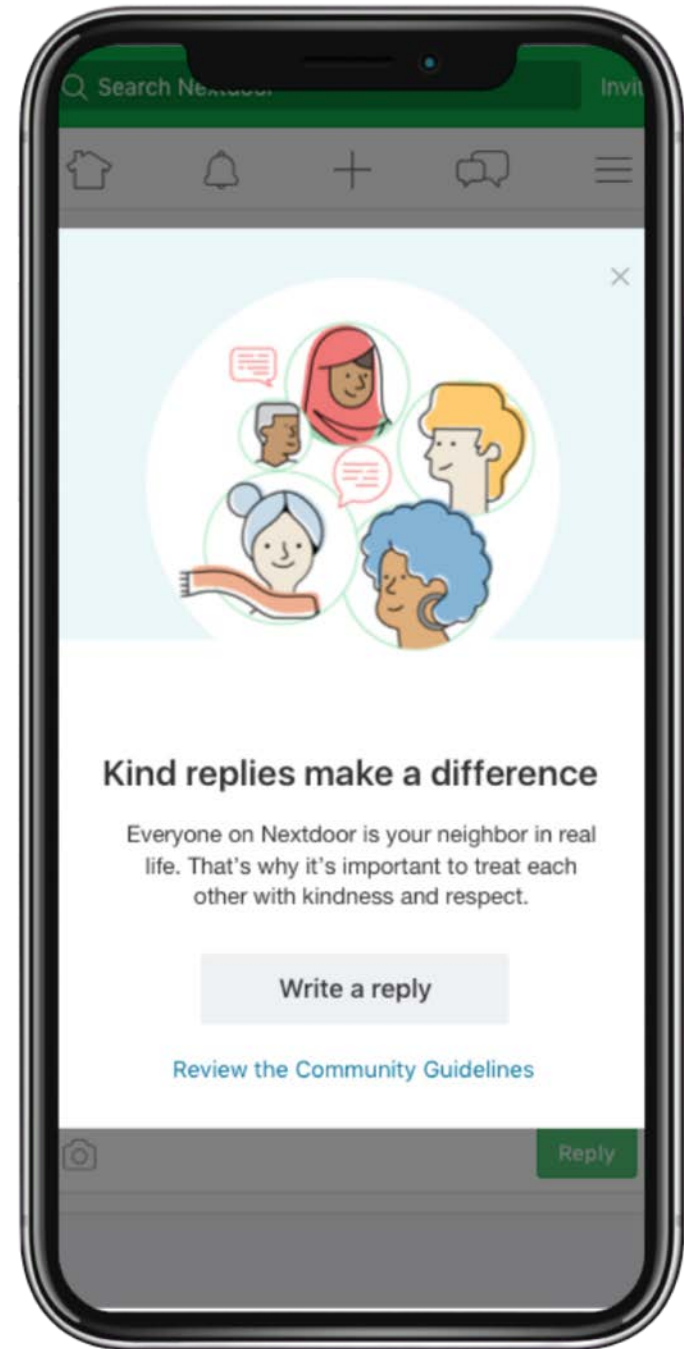
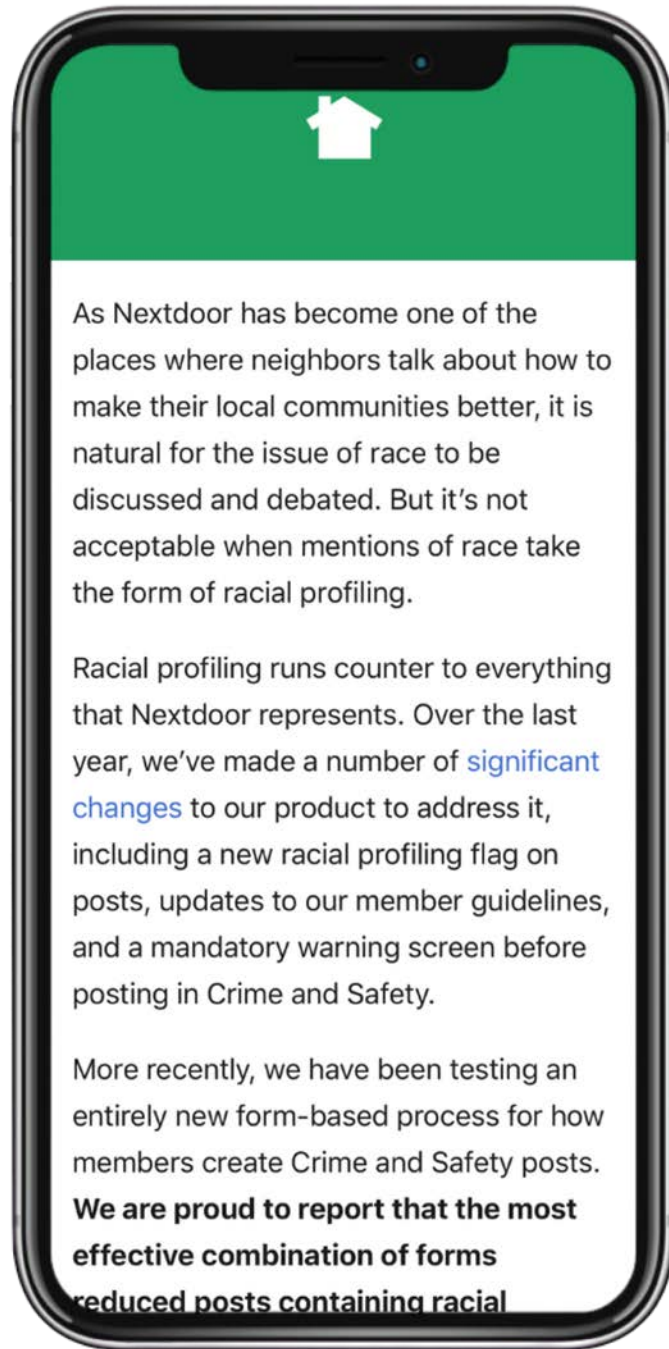
Build:

Race:

Sex:

Other details:

[Back](#) [Add this person](#)



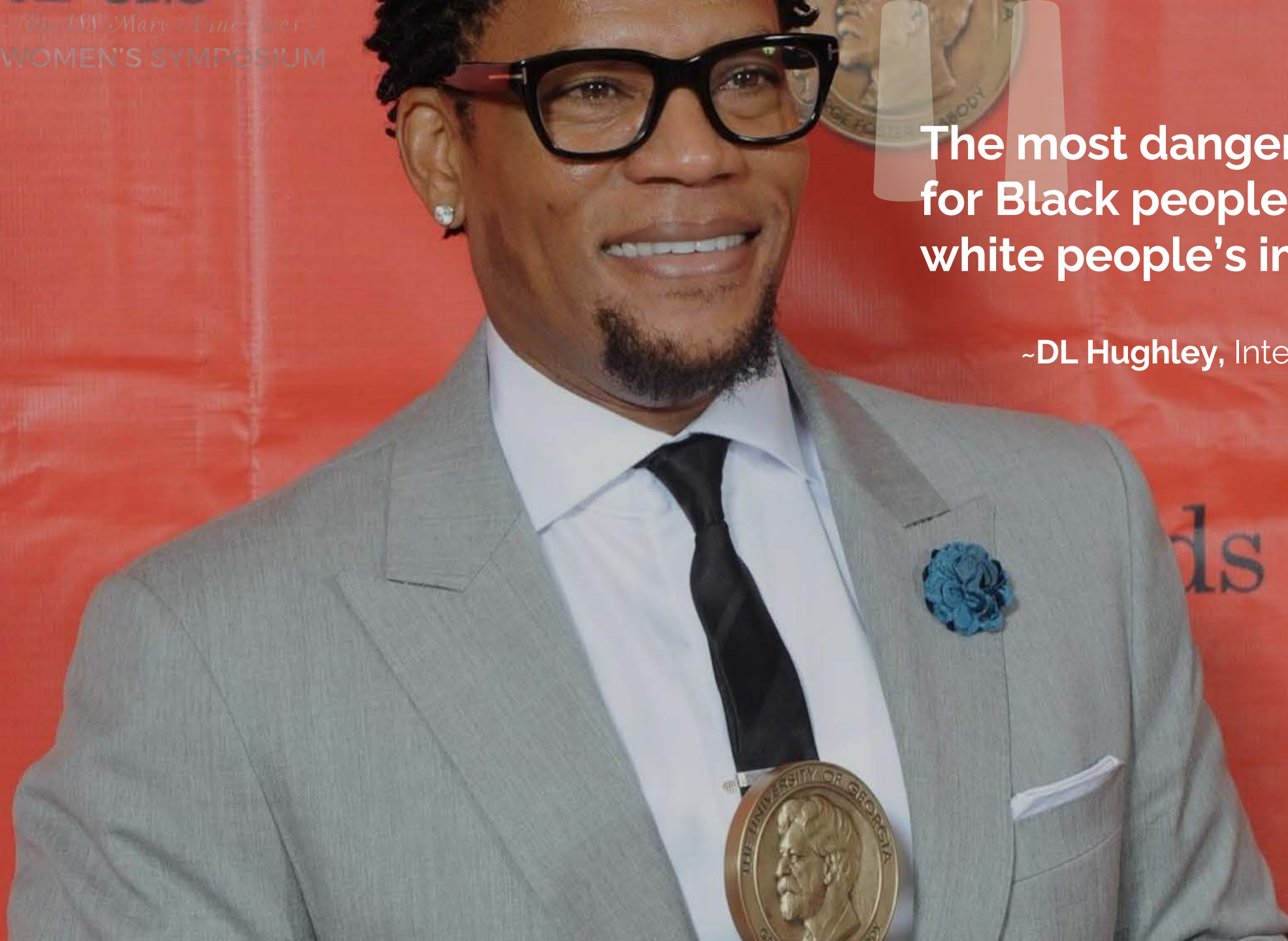


Nextdoor's move to slow people down when reporting suspicious activity ***curbed instances of racial profiling on the platform by 75%...***

By learning how to identify unconscious bias and respond to racial profiling, we can help all of our neighbors feel safe in the places they call home.

**The most dangerous place
for Black people to live is in
white people's imagination.**

*~DL Hughley, Interview on The View
07/11/2016*



"The hope for progress is greatly increased by this groundbreaking new book." —Bryan Stevenson, author of JUST MERCY



BIASED



Uncovering the Hidden Prejudice
That Shapes What We See,
Think, and Do



JENNIFER L. EBERHARDT, PhD

“We could practice adding friction to our own lives by **interrogating ourselves and slowing ourselves down** ... just being aware when we’re beginning to make stereotypic associations.”

“There is hope in the sheer act of **reflection**. This is where **the power lies** and **how the process starts**.”

— *Jennifer L. Eberhardt*, *Biased: Uncovering the Hidden Prejudice That Shapes What We See, Think, and Do*



Break-out Groups:

- How can you “slow down” otherwise fast/biased/mindless processes?
- Consider examples at your school and what this can look like.



Power of the pearl



A pearl is formed when a grain of sand slips in between the mantle and the shell of an oyster. This creates an irritation (or friction) to the mantle, and to protect itself, the oyster then carefully coats the grain layer by layer with nacre – also called the mother-of-pearl – a mineral substance that's used to create the shell. Eventually, with enough layers, a beautiful pearl forms.

Reflections



Thank you...

***Please reach out with any
questions or suggestions:***

homatav@growingupglobal.net or

Ashley Wotowey, awotowey@iss.edu



- The ISS Mary Anne Haas -
WOMEN'S SYMPOSIUM



- The ISS Mary Anne Haas -
WOMEN'S SYMPOSIUM

Thank you!

Stay updated and connected at ISS.edu/WomenLead

[@ISSCommunity](https://twitter.com/ISSCommunity) • [#ISSedu](https://twitter.com/ISSedu) • [#Wlead](https://twitter.com/Wlead) • [Facebook.com/groups/ISSWomenLead](https://facebook.com/groups/ISSWomenLead)