



# Workshop Selection Guide

Available spaces for each workshop will be assigned on a first come, first serve basis, as you will sign up for your desired workshop when checking in at registration on Saturday, March 30th.

You may want to identify your top two choices for each session, as available space for each workshop may be limited due to room capacity.

**Check-in/registration opens at 12:30 pm on the 4th floor of the Davis Center**

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## Conference Intensive

**1:15 pm - 6 pm**



### **Making a Difference: IFYC Upstander Training**

It has been reported by the FBI and others, that acts of bias and discrimination motivated by race, ethnicity, religion, and sexual orientation have increased yearly over the past three years in the United States. Would you like to be better equipped to disrupt incidents of bias and bigotry, as well as build a stronger community so that fewer people experience these acts? Participate in this highly engaging, interactive training and leave with knowledge and practice in specific intervention skills, for responding to challenging conversations and high pressure moments.

*Presenter: Becca Harman-Pickerill, Interfaith Youth Core (IFYC)*

# First Session

1:15 pm - 2:45 pm



## Community Care in the Wake of Environmental Catastrophe

For folks connected to the Earth, or trying to connect, it can be difficult to work sustainably and remain resilient in light of the barrage of devastating environmental news and happenings. Our world issues are cross-cutting and it is important our healing practices are similarly multi-faceted. This workshop provides participants with concrete ways to cultivate healing, resiliency, and support to continue to be loving, strong, and capable stewards. The primary way this happens is through a mind-mapping exercise. This workshop is an affinity space for QTPOC, PoC, and LGBTQ+ folks to process trauma, celebrate joy, and cultivate care

*Presenter: Kunal Palawat, University of Vermont Prism Center*

## Healing Justice: Preparing the Self for Revolution

Healing Justice is an essential component of activism, recognizing the need of self-care to continue the necessary work of social justice. This workshop dives into the tenets of healing justice and how activists can take time for themselves through everyday work. Explore self-care, community-care, and methods of implementing them in our lives. Attendees will be guided by the presenters to build a plan for themselves and their communities with others in the room

*Presenter: Jayy Covert & Jadah Bearden, Champlain College*

## Seeing & Disrupting Racism

This workshop is primarily geared for white individuals and for those desiring to develop a solid understanding of racism and how to disrupt it. The group will begin by defining racism and the concept of white fragility and then move to exploring how white fragility perpetuates racism and identifying specific ways to disrupt this cycle.

*Presenter: Rachel Siegel, Beverly Little Thunder & Jas Wheeler, Peace & Justice Center*

## Transforming our Approaches to Anti-Violence Work: Arising Challenges & New Possibilities

This informal, interactive space is an opportunity to discuss different approaches to anti-violence work. There is no "right" answer for this workshop but there are a variety of options, each with their own potential pros and cons. Different models to be discussed include: survivor centric approaches, the transformative justice model, restorative justice, and calling out/calling in.

*Presenter: Skylar Wolfe, Pride Center VT*



# Workshop Selections

**Second Session: 3:00 pm - 4:30 pm**

## Creating Resistance

This workshop will lead participants through steps to discover, discuss, and hone in on messaging for their activism campaign, while utilizing existing or desirable artistic skills. Create posters and/or a banner that creatively share your desired change in the world.

*Presenter: Jen Berger, At the Root*

## No Act in Activism: Going All In to Avoid Burning Out

Explore the many kinds of activism, ranging from protest to a simple language shift, and how to balance one's ideal goals with the challenging realities of the environment. This workshop also affirms the various ways you have been an activist and discusses how to ensure your activism doesn't come at the expense of your health and wellbeing.

*Presenter: David Waller, University of Vermont*

## Nonviolent Activism 101

Learn aspects of Kingian Nonviolence, build knowledge of successful nonviolent campaigns, explore how your own identities impact this work, and engage in role play. Designed to help unlock ways to work toward social justice and peace without perpetuating cycles of violence.

*Presenter: Rachel Siegel, Peace & Justice Center*

## A Creative Writer's Guide to Activism

Creative writing, like other arts, is an important avenue for voices of change. Letting people lower their barriers and assumptions through various genres (e.g., mystery, science fiction, fantasy, romance, and horror) while including diverse characters and themes (e.g., environmentalism and racial equality), allows readers who might dismiss such subjects in other contexts to experience these ideas. This also promotes self love and representation for individuals who rarely see themselves reflected in media, letting them know they are not alone and inviting them to see themselves with positive futures. This presentation focuses upon how to infuse creative writing with diverse representation and social justice concerns in respectful ways, especially if you are writing about experiences/identities other than your own, and how to find your own voice as an advocate in your creative work.

*Presenter: Aurora Hurd*