



Examining the Power Flower: Intersectional Identities Workshop

In the Examining the Power Flower: Intersectional Identities workshop, participants examine their social identities in relation to their relationships with others. The development of an individual's sense of self is essential to recognizing their values and needs. Intersectionality is a tool to explore how our collective social identities (e.g., age, race, gender, ability, socio-economic status, religion) interact and intersect to influence lived experiences. Our ability to examine our identities at intersections allows us to grow and become more fully human. Still, it requires us to be gentle, considerate, and kind in our interactions with one another. As participants engage in embodied experientials and creative arts therapy modalities, they will gain a greater understanding of their relationships, as well as review their experiences and multifaceted identities.

Objectives:

Through the use of the Power Flower and utilizing movement and interactive discussions based on their own experiences, participants will:

- Explores one's creative process as part of one's identity
- Creates an opportunity to share themselves creatively with others.
- Develop community by providing participants with the opportunity to get to know each other.
- Aiming to create a sense of belonging and empathy among participants by introducing them to their shared identities and diversity.

Expected Outcomes:

Participants will:

- Acknowledge the positive qualities in themselves.
- Developing empathy and community among colleagues while sensitizing them to their shared identities and diversity.
- Understanding the benefits of being part of a diverse community

Workshop Outline

- Participants will begin with the workshop with the name game in a circle.
- Shared Agreements/Expectations - Introduce the basic Shared Agreements, lead a discussion about shared agreements, confidentiality, and safety, and ask participants to add additional agreements if necessary.
- Intersectionality and Power Flower exploration.
- Dialoguing Dyad - The facilitator will ask questions related to identity so the participants can share information about themselves in pairs.

- Movement - Pair up group members to share their power flowers. As a result of their discussion, each creates movement about the other's Power Flower.
- Share Power Flower movement.
- Reflection - Participants discuss their experience and connect it to their own lives through discussion.
- The workshop will conclude with an affirmation that participants will share with each other.

Resources:

Alison. (2017, August 09). Why Inclusivity Requires Shared Agreements. Retrieved September 02, 2020, from <http://designingforinclusion.com/2017/08/09/why-shared-agreements-should-be-part-of-your-toolbox/>

Glossary Because I Am Human.

<https://becauseiamhumanblog.wordpress.com/resources/glossary/>

Social Justice Standards Unpacking Identity -

<https://www.learningforjustice.org/professional-development/social-justice-standards-unpacking-identity>