

POST-ELECTION CONVERSATION

Fall 2020

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Philosophy

BACKGROUND: CULTURE OF TRUST

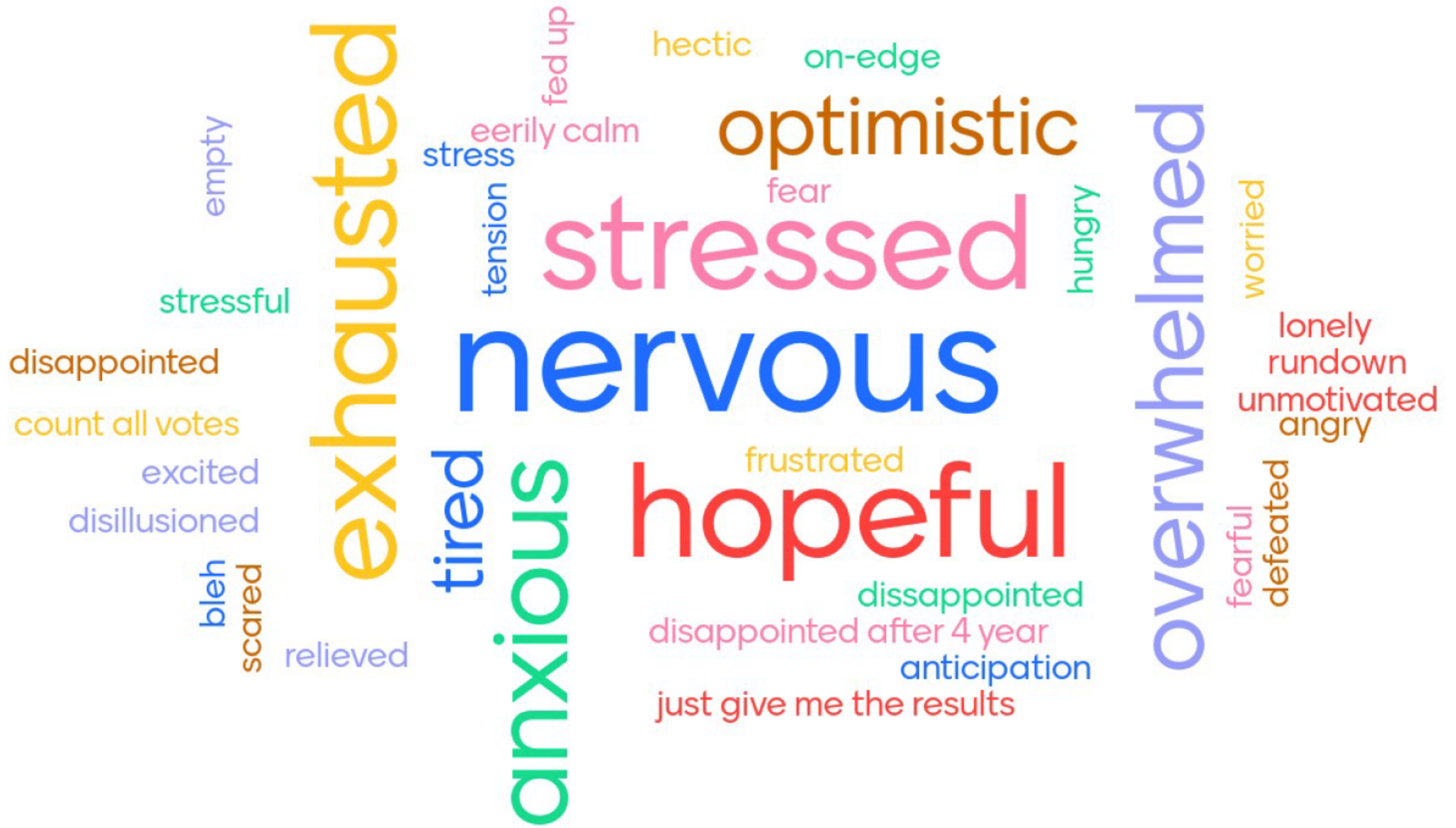
- Learning cohorts
 - 5 cohorts in each class
 - 3-4 students in each cohort
 - Intentional building of micro-communities.
- Emphasis on "brave space" as opposed to safe space
 - Explicitly stated in the syllabus, with poem "**Invitation to Brave Space**" by Micky Jones.
 - Encouraging/modeling active listening and open & respectful communications.

What we did on Thursday (2 days after election, with results still uncertain)...

EMOTIONS CALLOUT

--mentimeter poll

list the emotions that you've experienced over the last couple of days (if nothing comes to mind, you can just describe your bodily sensations)





Grounding Meditation

BALANCE ENERGY



The Mindful Movement

PEP TALK: STRONG BACK, SOFT FRONT (Roshi Joan Halifax)

Self-compassion: value your emotions

- **Validation:** there is no right or wrong way to feel;
- it's important to **name** feelings;
- you may be **grieving**;
- use your emotions as guides to your deepest held **values** (I call “affective profile”)
- Tara Brach's RAIN—recognize, allow, investigation, nurture

... so you can be an

effective changemaker

(yes, you ARE a changemaker;
that's a given)



vevo

Let's do our share to start healing this divided society



STRANGERS

IN A

BALL PIT

*It's about
experience
that changed
your life.*



Conversation Couch

“conversation couch” in Zoom
(source of inspiration: [SoulPancake](#))

Instruction: pick a couple of questions from A-list to start your conversation; then, when you feel ready, move on to B-list and pick a question or two there to continue the conversation. Find your rhythm and carry on.

A-list

- What’s your comfort food?
- What was your most embarrassing moment?
- What was your favorite toy as a kid?
- What was your worst birthday?
- What did you want to be when you were little?
- If you could meet anyone, who would you meet?
- If you could star in any movie, what movie would it be?
- If you could go anywhere in the world, where would that be?
- What’s an ideal morning for you to wake up to?

B-list

- Fill in the blank: I am a _____.
- How do you deal with losses (of a person, a relationship, a dream, etc.)?
- What are you grateful for nowadays?
- What, if anything, worries you these days?
- Describe a time when someone made you feel that you really matter.
- When things are difficult, do you have a go-to (image of) role model to lean on?
- What’s your view of crying?

If you want to bridge differences & bring about changes

[Powers of Persuasion](#) (Innovation Hub, 9/11/2020)

- The insights from this pre-election podcast will remain relevant in the years to come, regardless of the outcome of this election.
- Podcast description: old habits die hard and getting a person to shift their deeply-held opinions, political or otherwise, isn't easy. Jonah Berger, a marketing professor at the Wharton School at the University of Pennsylvania, and the author of, "The Catalyst - How To Change Anyone's Mind," explains why **reaching a tipping point isn't about pushing for more but asking for less — at least initially.**

[Passion Isn't Enough: The Rise Of 'Political Hobbyism' in the United States](#) (Hidden Brain, 2/10/2020)

- [This episode explores] the paradox of our passion for politics: we're more informed than ever, but many of us are also less politically active. Why do we see politics as something that happens on Capitol Hill, and not in our neighborhoods? **How do we re-frame politics from a form of entertainment to a vehicle for change in our lives?** Eitan Hersh [author of *Politics is for Power*, 2020] suggests that the solutions may be less daunting than we think.