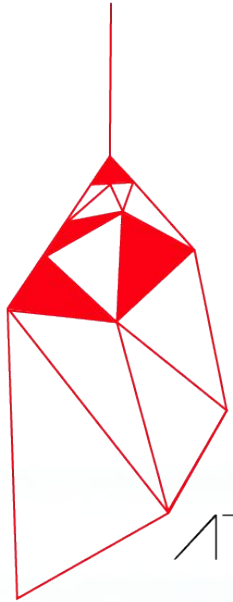


Ateliers/C : “Deepen leadership, contemplative and restorative practices” with Dr. Angel Acosta



- Welcome !
 - Who is here with us ? Please rename yourself with your
 - First name
 - Pronoun of preference
 - organization
- Chat online with @Janie for any technical support or need

Ateliers/C workshop



Ateliers/C is an initiative of

Centre des organismes communautaires
(COCo) coco-net.org and Centraide of
Greater Montreal



What is COCo ?



COCo (the Centre for Community Organizations) is a charitable organization whose mission is to support the health and well-being of community organizations in Québec. We believe that this, in turn, creates a more socially just world. Through :

- supporting organizational development
- offering training
- disseminating resources
- producing research
- strengthening links between nonprofit organizations

COCo helps to promote the vitality of the community sector in the province.



Land acknowledgement



Tiohtiá:ke

nation **Kanien'kehá:ka**

Mooniyang

nation **Anishinaabeg**

You can visit the Native Land Digital site to identify upon whose lands you are sitting or occupying:

<https://native-land.ca>

Tiohtià:ke tsi ionhwéntsare

Karonhíto Delaronde and Jordan Engel



Objectives

- ★ **Discuss your role as a leader** with mindfulness
- ★ **Discover and be inspired** by an approach of healing centered to guide our communities through :
 - a better understanding of collective trauma
 - a careful dialogue about structural inequalities in your organization or the neighborhood to create conditions for healing and restoration
- ★ **Share your experiences, feelings during this workshop** and **how you think you can adapt this approach in your organizational practices and communities.**

Course of the day

Agenda

- ★ Opening
- ★ Contemplative Practice
- ★ Grounding lecture
- ★ Question and answers
- ★ Healing centered conversation
- ★ Closing

Posture and inclusive space

- ★ Take the opportunity to ask all your questions
- ★ Openness and listening
- ★ The right to speak in your own language without judgment
- ★ Respect for each and everyone
- ★ Vegas rule : "What is shared here stays here, what is learned can go out"

Virtual Etiquette & Zoom

- ★ Paper and pencil at hand
- ★ Display/Screen view : Gallery or speaker option
- ★ Choice of open camera and Turn off your microphone when you're not speaking
- ★ Use the chat to broaden or ask questions
- ★ Photo consent
- ★ Have the zoom link at your fingertips
- ★ Take care of yourself (snack, drink, etc.)

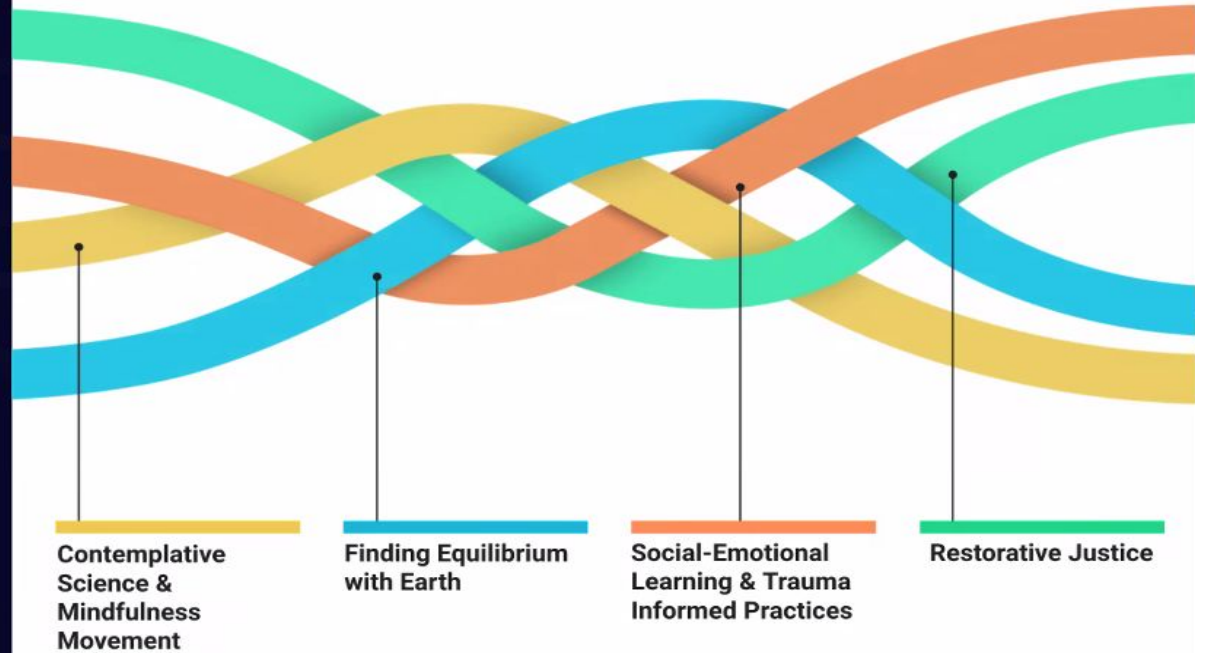


More about Dr. Angel Acosta

- ★ Director of the Garrison Institute's Fellowship Program
- ★ Creative Director at the NYC Healing Collective
- ★ He completed his Ed.D. in the Curriculum and Teaching Department at Teachers College, Columbia University. His research explored healing-centered education as a promising framework for educational leadership development and community care.
- ★ Former trustee for the Center for Contemplative Mind in Society
- ★ Angel Acosta works to bridge the fields of leadership, social justice & mindfulness. Angel began consulting and developing learning experiences that weave leadership development with conversations about inequality and healing to support educational leaders through contemplative and restorative practices.

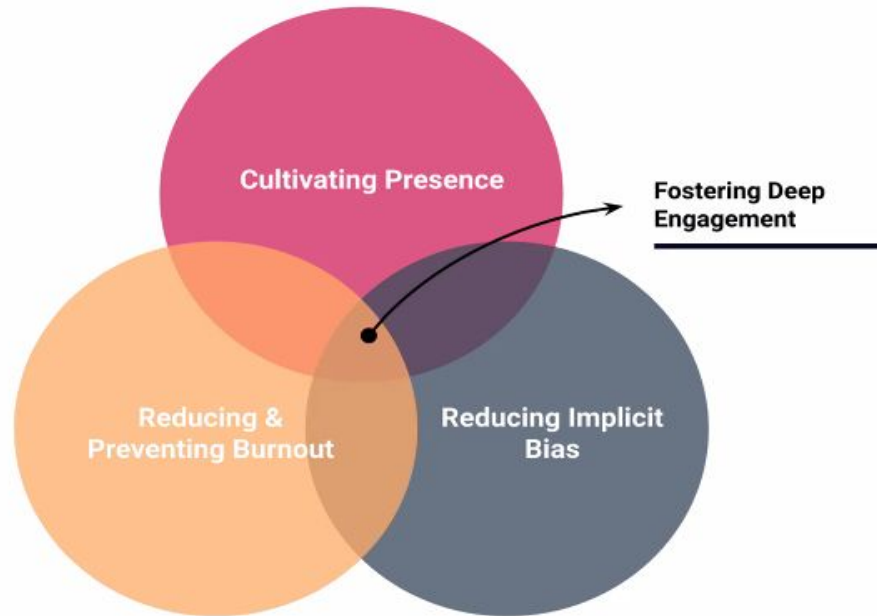


Restorative & Healing-Centered Paradigm



Harnessing Mindfulness & Contemplative Practice

©Dr. Angel Acosta



Color coded alert system

COLOR CODED ALERT SYSTEM			
CODE	EXAMPLE	CONTACT	ADDITIONAL RESOURCE
Concerning	Experiencing discomfort from a comment made during live or online interaction(s). Still feeling a little unsettled and might need support processing the experience.	Angel Acosta angel@acostaconsulting.co	Rhonesha Blache Blache@tc.edu
Disturbing	Experiencing disrespect and a sense of being transgressed. Still feeling unsettled and needing a mediated conversation or one-on-one support session.		
Alarming	Experiencing a harmful moment in response to an interaction online or during a live session. The depth of the transgression may require a one-on-one support, a mediated conversation, and possible removal.		

Closing and evaluation

- ★ What did you appreciate the most in this workshop ?
Please write in the chat (2 min.)
- ★ How do you think you can adapt this approach in your organizational practices and communities ? Please write in the chat (2 min.)



Some resources

- ★ [Angel Acosta](#)
- ★ [Color coded alert system](#)
- ★ [Healing-Centered Interviews & Practices \(podcast\)](#)
- ★ [400 years of inequality](#)
- ★ [400 years of inequality : resources](#)
- ★ [K-12 Curriculum](#)
- ★ [Timeline Files](#)
- ★ [Healing collective trauma with Thomas Hübl](#)
- ★ [Presencing](#)
- ★ <https://www.blackcanadianstudies.com/>
- ★ <https://www.strongnations.com/>
- ★ <https://www.mikana.ca/>
- ★ <https://www.kairoscanada.org/>
- ★ [Podcast that explores flash points in the history of the black community](#)

Suggestions of books

- ★ From Mindfulness to Heartfulness: Transforming Self and Society with Compassion Dr Alane Daugherty
- ★ The Inner Work of Racial Justice by Magee, Rhonda V.
- ★ Mindful Practice for Social Justice by Raquel Rios
- ★ Integrating Mindfulness and Anti-Oppression Pedagogy by Beth Berila
- ★ Mindful of Race Ruth King : Practices to facilitate discussions spaces with people of race

**Thank you for your participation at the
ateliers/C workshop !**

To learn more about the ateliers/C :

★ <https://coco-net.org/ateliers-c/?lang=fr>