





ANTI-OPPRESSION 101

Anti-oppression 101 dives deep into the intricacies of anti-oppression, laying the groundwork for further thought and action. In this workshop, participants explore systemic oppression and how it is formed, social justice language and perspectives, privilege, identity, and allyship through a variety of engaging activities and introspection. Participants gain the knowledge and skills to view the world through a complex anti-oppressive lens. This workshop has something to offer for folks at all levels, as it provides folks with the tools to perceive anti-oppression, employ their own critical thinking, and evaluate what comes next.

















Intro to Racial Justice is an immersive and in depth workshop that exposes our complicity in racist power structures that exist all around us. This workshop is both personal and political: an exploration into bias, systemic oppression, language, cultural appropriation and intersectionality. Participants gain a deeper understanding of the manifestations of racism from systems of power to workplace microaggressions and most importantly gain the skills to speak up and combat racism in their communities. We recommend attending Anti-Oppression 101 first to provide some added context and insight.













INTRO TO LGBTQIA2S+ INCLUSION

Intro to LGBTQIA2S+ Inclusion is an informative and educational session on LGBTQ+ identities that educates participants on appropriate language and respectful conduct around gender and sexuality. This workshop is a non-judgemental, safe space to ask questions and learn a wealth of information about gender diversity, sexual orientation, pronouns and strategies for meaningful inclusion. This workshop helps teams to create inclusive environments for those within the LGBTQ+ community.













INCLUSIVE LANGUAGE

Inclusive Language zooms in on language and communication practices that set us up for safer and more respectful community building. This workshop combines media analysis, common cliche deconstruction, intention versus impact, and helpful communication strategies.

Participants will look to scenarios, mind map best practices for communication both in person and online and discover meaningful ways to foster inclusion with dialogue.







