



## **Embodied Activism: Unpacking Our Practice and Building Our Power Learning Series**

**Coming this Fall 2010 until Spring 2011-** A learning series for activists, frontline workers, management, entrepreneurs, advocates, and anyone seeking a space for critical self-reflection, professional and personal development.

In the learning series, we will critically explore the methods and strategies of social change, social innovation, community/organizational engagement, and creative intervention.

We will look at the tools and actions used by activists, advocates, educators, workers, entrepreneurs, academics, and community members.

Participants will move through creative sensory, mind and body activities and mindful dialogues that draw on their lived experiences and resource materials to deepen their self-awareness, 'unpack' and transform their practice.

- Session 1- Unpacking Our Practice
- Session 2- Dealing with Difficult Conversations
- Session 3- Role of Allies
- Session 4- Creative Interventions
- Session 5- Self-Awareness & Self-Care
- Session 6- Moving Forward: Building Our Power



**Start Date: Saturday September 18, 2010.**

**Time: 10:00-1:00pm**

**Location: 5025 MacDonald Ave, Montreal, QC  
Toronto, ON; Ottawa, ON New York City, NY (Locations TBA)**

**You can join us for a session or take the series at your pace. A full calendar of dates and times are available @ [www.tomeesojourner.com](http://www.tomeesojourner.com)**

**The series is also available as a one-day workshop or two day retreat.**

**Registration contact:** Hirut Eyob, Business Manager at (514) 487-3891 or [hirut@tomeesojourner.com](mailto:hirut@tomeesojourner.com)

**Facilitator Bio:** Tomee Sojourner has over 15 years experience as a Management/Organizational Development Consultant, Social Entrepreneur, Motivational Speaker, Diversity Expert and Artist. She has an M.A. in Social Justice and Equity Studies. Tomee has blended her unique sense of personal style, international experience, creative expression, love of sports, and strengths as a former college professor, guest lecturer, social justice advocate to inspire, and motivate people and organizations to build stronger, sustainable selves aka "eco-social selves."™

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**Cost:** \$85 per session (includes course materials)