HOW TO BE AN ANTI-RACISM SUPPORTER ONLINE TRAINING

Racism has been around for too long and has negatively impacted too many lives. More than ever before, now is a great time to have Anti-Racism conversations. Be more aware of our attitudes towards Race. Ask ourselves hard questions along with facing our racial biases and deeply rooted beliefs.

This course will help your staff feel more comfortable talking about Anti-Racism, understand how to nurture an anti-racism environment, and work together to build a better more productive working space.
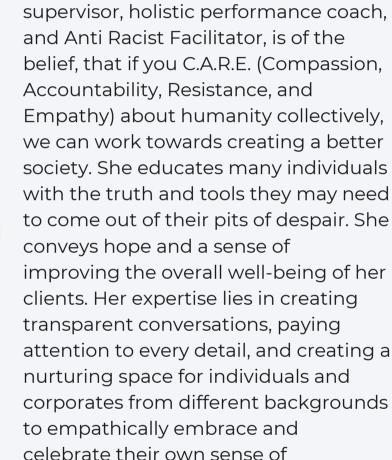
How To Be An Anti-Racist Supporter online training course is a 3-hour workshop where participants will encounter a mix of individual and group exercises and discussions.

After the workshop, participants will be able to:
- Learn the 4 elements of the C.A.R.E model. Compassion, Accountability, Resistance, and Empathy (C.A.R.E.). These are the building blocks of an Anti-Racism belief system,
- Distinguish terminology and concepts related to racism,
- Practice Compassion,
- Discuss levels of Accountability towards creating an Anti-Racist society,
- Recognise Resistance towards other races and minorities,
- Practice Empathy towards other races and minorities,
- Develop their own action plan to support a better society.

ABOUT SAM CARBON

Sam Carbon, psychotherapist, clinical supervisor, holistic performance coach, and Anti Racist Facilitator, is of the belief, that if you C.A.R.E. (Compassion, Accountability, Resistance, and Empathy) about humanity collectively, we can work towards creating a better society. She educates many individuals with the truth and tools they may need to come out of their pits of despair. She conveys hope and a sense of improving the overall well-being of her clients. Her expertise lies in creating transparent conversations, paying attention to every detail, and creating a nurturing space for individuals and corporates from different backgrounds to empathically embrace and celebrate their own sense of differences and diversities.

PRICING
Priced at £2,500 for 3 hours, delivered online.

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