

LUNCH & LEARN TO C.A.R.E.

Lunch & Learn to C.A.R.E. is an event designed for businesses looking to help their people develop better awareness and comfort in handling racial and cultural differences. Working with Sam Carbon, an Anti- Racist facilitator and psychotherapist during a lunchtime session can fit easily into the normal working day.

This lunch and learn presents a perfect opportunity for organisations and establishments to educate their teams to support and bridge the gap in their general understanding of differences. This learning has been created as many employees are wanting to lean into their courage and push outside their cautious thinking. This learning is not about strategising and attempting to "fix it" because facing race is an ongoing journey. It is about being ready to collectively become more Compassionate, Accountable, more understanding of any Resistance, and being Empathic to the cause (C.A.R.E).

PRICING

Priced at £500 for 50 minutes and delivered online or in person (when possible).





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.

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