



THE RACE PROGRAMME



Do you know how to talk about anti-racism?

How do you feel when people around you talk about anti-racism?

Do you want to join the conversation but you're afraid that, no matter what you say, you'll be judged?

Do you find it safer and more convenient to say nothing at all?

As a manager and leader, do you know how to nurture an Anti-Racism environment in your organisation?

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, become aware of our attitudes towards race, ask ourselves hard questions and face our racial biases and deeply rooted beliefs.



A JUDGEMENT-FREE SPACE TO EXPLORE AND OVERCOME OUR RACIAL BIASES

My name is Sam Carbon and I am a psychotherapist, coach and an Anti-Racism facilitator. I work with individuals and corporations, one-on-one or in a group setting, to assist them in taking the first step towards Anti-Racist conversations, practices and relationships.

I believe that Compassion, Accountability, Resistance, and Empathy (C.A.R.E.) are the building blocks of an Anti-Racist belief system — within us and in our workplaces.

I offer a unique and unlikely combination of skills. I have an Investment Banking background and a Masters's Degree in Relational Psychotherapy. I am aware of the high pressures of the corporate environment and the complex and nuanced nature of human feelings and beliefs.

In my workshops, I create a judgment-free, safe and nurturing space for individuals to explore their beliefs, identify their racial biases and work towards eliminating them while embracing their own uniqueness and diversity. As someone who has both participated in systemic racism and has been the recipient of racism, I am able to authentically engage with my clients and groups.

Through empathy, understanding, and respect, I support individuals to examine preconceived ideas and perspectives. In the process of our work, we collectively, dismantle unconscious racial bias and achieve transformation.





TRANSFORMATION THROUGH APPRECIATION

The RACE programme is the next step after the CARE method has been applied. It will allow participants to dig deeper into the inner work.

For corporates, it will be a small and intimate experience to further investigate the inner work, to ensure you're more equipped to continually engage in this work and stay on the journey.

This experience is created to provide a curated curriculum with lectures, videos, and resources to support individuals to unpack the concepts related to anti-racism.

We will explore all the layers of racism and implicit bias that have lain unnoticed and undisturbed. You will be invited and encouraged to push through your own discomfort to get at the root of your beliefs and feelings and then do the work to actively change them.

By the end of the RACE session, delegates will have learnt the importance of it not being enough to just be "not racist" and to be anti-racist which takes intention and action. You will work towards respecting the cultural integrity of people from other races along with acknowledging the legitimacy of their culture's way of understanding and being in the world.

Hire me to facilitate an Anti-Racism session at your company! Call **07938435233** or email me at **sam@letsembracerace.com**. Pricing starts at £3000 for a half-day online course for up to 10 people.

Responsibility – looking closely at the privileges and power of "normal".

Appreciation - exploring and understanding how to work with others and challenge prevailing views in your environment.

Courage - helping people develop the courage to risk positive change, not only at the individual level but also at the collective cultural level.

Engagement - supporting individuals to have honest reflections; re-examine anti-racist practices, challenge, old ways of thinking and begin the process of self-education.

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