

Session 2 Agenda

- A. 3:00 - 3:05 Large Group Sit (5 minutes)**
- B. 3:05 - 3:10 Review Communication Guidelines that will support your group (5 minutes)**
 - a. Read aloud your group's guidelines developed in the first session
 - b. Discuss any revisions to the guidelines
 - c. Confirm that all members can abide by the group's guidelines, or at least open to practicing with them.
- C. 3:10 - 4:30 Mindful Sharing (80 minutes)**
 - a. Instruction: Mindful sharing involves each participant sharing from personal experience. There is no discussion or cross-talk during this time period, only personal sharing.
 - b. *Each person in the group can share 3-5 minutes on each question (gauge the time depending on the number of people in your group). Speak to whatever questions are most salient.*
 - i. How did the reading and videos affect you? What did you notice?
 - ii. Do you feel you could talk about the difference between structural racism and individual bias? How would you explain it to someone in your life?
 - iii. What are some current events happening as you discuss this agenda that are rooted in historical racism?
- D. 4:30 - 4:35 Sit (5 minutes)**
- E. 4:35 - 4:45 Group Reflection (10 minutes)**
 - a. Instruction: Group Reflection is like Mindful Sharing in that there is no discussion or cross-talk, however the focus is on what kind of experience the participants had during the meeting rather than on the content covered.
 - b. Each person in the group can share 1-2 minutes about what it was like to participate in the group. PROMPT: What was it like to engage in *Mindful Sharing* today? How has this been for you so far?
- F. 4:45 - 4:50 Next Meeting (5 minutes)**
 - a. How did your meeting logistics work? Any changes you would like to try for the next meeting?
 - b. Who will facilitate next?
- G. 4:50 - 5:00 Return to Large Group & Closing sit (5 minutes)**