Transforming and healing lives through Nepantlá
How to work with Students of Color
Workshop 1

Components: This process is focused on the student’s spirit with a practical bag process from which they can evaluate themselves and reflect on how to honor and support their wellbeing.

Workshop Description:
The workshop utilizes transformative curriculum to guide students through Nepantlá to transform their lives and empower communities to bring change from their perspective. The BAGS workshop is an interactive and engaging process that leads students to self-exploration. The presenter will employ cultural tool bags to illuminate how students can transcend “the burdens they carry from the past” to create empowerment and hope. Within the process students will come to understand 1) how students carry invisible excuses that limit them from overcoming life challenges; 2) diverse ways students use to handle difficult challenges in their lives; and 3) how students are empowered by understanding and coming to terms with “el choque” [cultural collision] experienced through their lifetimes. Through this process students start to recognize their strengths, gifts and talents along with utilizing their own experiences to empower themselves to change their internal paradigm from “I Can’t to I CAN”. It is the beginning of self-care and healing.

This workshop will address:

Bag of Excuses
1) The students will start to face their fears and confront their excuses.

Bag of Handle it!
2) The students will identify behaviors and actions as to how they handle their situations both negative and positive.

Bag of Hope
3) The students will become more accepting of themselves. Students reframe their excuses, and are inspired. As a result the students become empowered and have hope.