



PARTNERS FOR YOUTH EMPOWERMENT

Befriending Ourselves in Times of Change

with Andrew Nalani

Goal

To explore inner dialogue
as a source of resilience in
the face of uncertainty



Community Agreements

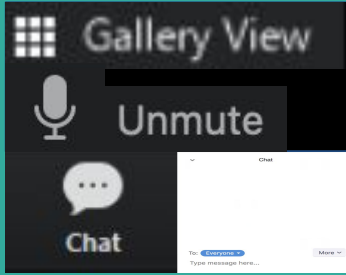
- Give yourself permission to try new things
- Be gentle with yourself, each other and the silence



**“How Did the rose Ever open its heart
And give to this world All its Beauty?
It felt the encouragement of light Against its Being.
Otherwise, We all remain Too Frightened.”**

-Hafez, trans. Daniel Ladinsky

Introductory Breakout Group Instructions



Use **gallery view**, and everyone **unmute** .

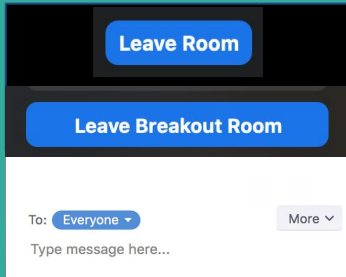
One person volunteer to **go first**, then write an **order of participation** in the Chat Box.

Your name

Where you are joining from

1 word that captures one way you are feeling right now

Mime an animal you love with a sound



When everyone has had a turn, return to the main session by clicking **“Leave Breakout Room.”**

If you are having trouble being heard or understood through your mic, use the chat box to share.

PARTNERS FOR YOUTH EMPOWERMENT

www.partnersforyouth.org

AM

(Against Me
thoughts)



FM

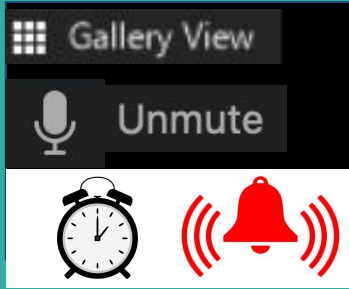
(For Me, or Forward
Moving thoughts)

“I am not doing enough.”

“I am quickly learning how to manage different demands when things around me are changing.”

“I am doing my best, given how quickly things have been changing.”

Breakout Group Instructions



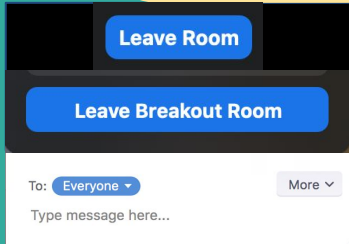
Use **Gallery View** and everyone **unmute**.

Same groups, use the **same order**.
1 person volunteer to be the time-keeper!

- Each person shares one **AM statement** and the **FM counter-narrative**
(1 minute for everyone to share)

IF YOU REALLY KNEW ME

- Each person completes the sentence: “If you really knew me, you would know...”
(only use **FM statements**) (1 minute for each person)
 - Everyone else responds: “That’s so true!”



When everyone has had a turn, return to the main session by clicking “**Leave Breakout Room**.”

If you are having trouble being heard or understood through your mic, use the chat box.

RAIN

Recognizing
Allowing
Investigating
Nurturing

Tara Brach
www.tarabrach.org



PARTNERS FOR YOUTH EMPOWERMENT
www.partnersforyouth.org

Why nurture?

“If I am not for myself, who will be for me?

If I am not for others, what am I?

And if not now, when?”

Rabbi Hillel

Pirkei Avot 1:14, translated Charles Taylor

PARTNERS FOR YOUTH EMPOWERMENT

www.partnersforyouth.org



Finding power together

“What might a different kind of power look and feel like, and can power be redistributed equitably, even beyond our own species?”

Terry Tempest Williams

<https://bioneers.org/terry-tempest-williams-a-love-that-is-wild-bioneers/>



PARTNERS FOR YOUTH EMPOWERMENT

www.partnersforyouth.org

Excerpt From: Angela Y. Davis. "Freedom Is a Constant Struggle" p. 56

<https://www.haymarketbooks.org/books/780-freedom-is-a-constant-struggle>

"You've been an activist for decades. What keeps you going? Do you think we should remain optimistic about the future?"

AD: Well, I don't think we have any alternative other than remaining optimistic. Optimism is an absolute necessity, even if it's only optimism of the will, as Gramsci said, and pessimism of the intellect. What has kept me going has been the development of new modes of community. I don't know whether I would have survived had not movements survived, had not communities of resistance, communities of struggle. So whatever I'm doing I always feel myself directly connected to those communities and I think that this is an era where we have to encourage that sense of community particularly at a time when neoliberalism attempts to force people to think of themselves only in individual terms and not in collective terms. It is in collectivities that we find reservoirs of hope and optimism."



PARTNERS FOR YOUTH
EMPOWERMENT

THANK YOU