



CoG Podcast - Long Document

Name:	Sabrina Phillips
Episode #:	211
Publish Date:	2/28/25
Episode Title:	Beyond the Canvas: Using Art to Tackle Big Conversations
Guest Subtitle:	Founder of Equity Through Art
Introduced By:	
CRITICAL Guest Info:	
Book:	

LINKS TO IMPORTANT DIGITAL FOOTPRINT (3-5): (look for their name incognito so its not affected by your search history)

[Article Content]

EXCERPT
What if art could change the way you see yourself—and the world? Sabrina Phillips is an artist and educator who helps people—from students to corporate leaders—learn to slow down, look deeper, and have conversations that matter by turning museums into spaces for real connection. This episode is about more than art—it's about understanding, healing, and the power of human connection.

Sabrina Phillips is an artist, educator, and visionary who is using the power of art to help people connect, heal, and communicate about life's most challenging topics. From middle school students to corporate teams to governmental departments, Sabrina has created a framework that transforms the way we engage with each other and the world around us.

As someone who has spent years exploring the extraordinary work of people who are quietly making our world a better place, I have to say that my conversation with Sabrina Phillips is an eye-opener that will change the way I operate in certain settings forever.

Sabrina is the founder of **Equity Through Art**, an initiative that uses museums and galleries as spaces for deep, meaningful conversations. At the heart of her work is a simple yet profound idea:

Art is not just something to admire, it's a tool to help us explore who we are and how we relate to others.

Through guided sessions in front of carefully chosen artworks, Sabrina leads groups through conversations about identity, equity, and justice in ways that are transformative.

Building Bridges Through Reflection

Now, I'll be the first to admit that I've always been one of those people who breezes through art museums, but hearing about Sabrina's work made me entirely rethink my approach. How long do most people spend in front of a painting? According to Sabrina, eight seconds! Her process is much longer: it involves asking people to sit with a single piece of art for 30 minutes or more.

That kind of deep focus changes everything.

Take, for example, a piece called *Parade* by artist Mequitta Ahuja. It's a striking diptych featuring a powerful figure of a Black and South Asian woman in motion; Her grounded, bare feet and flowing hair seem to carry her story and strength forward, while the vibrant colors around her evoke a sense of freedom and self-possession.

[PHOTO]

Sabrina describes how her groups sit together in front of this artwork, unpacking what they see and feel. Each participant shares their reflections, and as they do, something magical happens: people begin to see themselves—and each other—in new ways.

"Everybody wants to be heard," Sabrina told me. "When given the opportunity and the space to be vulnerable, people want to. They really do."

Whether she's working with students, teachers, or lawyers, this is the constant thread. Art becomes the medium through which people can express their own stories and hear the stories of others.

Sabrina's journey to this work was anything but straightforward. She started her career in the film industry, working on blockbuster projects (like the *Harry Potter* films) before discovering her passion for teaching whilst living abroad. She now describes teaching as **her art form**; a space where creativity and collaboration come alive.

Eventually, this path led her to the world of museum education, where she realized the potential of art to foster connection and understanding.

Creativity as a Path to Connection

One of Phillips' early insights came while working with teachers of color in Austin, Texas. Many of these teachers felt alienated in museums—spaces where they rarely saw themselves reflected as subjects. For them, Sabrina's sessions became a space for healing and empowerment, helping participants navigate the complexities of their personal and professional lives.

"More than anything, these conversations are about healing," she said. "Healing from trauma, stress, and the difficulties of the workplace."

Her programs [have since expanded](#) to include community leaders, social workers, corporate teams, and even lawyers; she shared a story about a group of attorneys who initially felt uncomfortable taking time away from their desks to engage in self-reflection. They felt guilty, stepping away from their desks while there are people depending on their work

Yet, by the end of the session, they were deeply moved by the experience.

Sabrina's work reminds us all that self-compassion is not a luxury—it's essential. Many, many lawyers experience burnout at least once in their careers, because that guilt prevents them from ever taking time to restore their own energy, but those lawyers will do even better at their jobs because they took time to pour into themselves.

"The fact that you feel guilty for looking after yourself? That's a huge, big problem right there," Sabrina said.

One of the most inspiring aspects of Sabrina's approach is the way she weaves creativity into every step of the learning process. Her recent [grant-funded program](#), [Inner Strength, Outer Impact](#), brought together a diverse group of community leaders—from nurses to educators to former mayors—for a day of reflection, conversation, and art-making.

Participants explored artworks, shared meals, and created their own masterpieces, and the day culminated in a collaborative poetry performance—a joyful and moving celebration of their collective journey.

As I listened to Sabrina describe her work, I couldn't help but think about the courage it takes to step into spaces where vulnerability is required.

"We don't invite adults to have fun that much," Sabrina said. "But when you add an element of play, you show people that even heavy topics can lead to something invigorating and beautiful."

Lessons for All of Us

Her mother's advice—**"Don't sit on the fence"**—is a mantra Sabrina has carried with her, and it's one we could all benefit from. Whether it's through art, nature, or meaningful conversation, her message is clear: slow down, get curious, and open yourself to connection.

If you've ever felt like you don't "get" art, Sabrina's work will change your perspective. Art isn't just about what you see on the canvas; it's about what it reflects back to you, about finding yourself in the story and discovering how your story connects to others.

As Sabrina says, "We *are* works of art that we need to explore."

So the next time you walk into a museum, take a moment to pause. Look at a piece of art, and instead of moving on after a few seconds, ask yourself: *Where do I see myself in this? What does this make me feel?*

You might just find a new way of seeing—not only the art, but the world around you.

For more about Sabrina Phillips and her incredible work, visit her website at equitythroughart.com. And the next time you're feeling disconnected, remember that the tools for connection might be closer than you think—perhaps even hanging on the walls of your nearest museum.

REFERENCES MENTIONED

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- **Website:** [Equity Through Art](http://equitythroughart.com)
- **Podcast:** [AJ Crabill's CoG Episode #203](#)
- **Film:** [Labyrinth](#)

CHAPTERS

00:00 – Intro & Welcome
06:14 – Introducing Equity Through Art
12:18 – Using Art to Build Trust and Connection
15:50 – Making Difficult Conversations Easier Through Art
19:48 – Finding Your True Calling in Life
27:31 – Break
29:50 – From Film Industry to Museum Education
35:54 – Creating Community Through Art and Poetry
52:33 – Final Thoughts: The Importance of Slowing Down

[Example Excerpts]

EPISODE DESCRIPTION

Episode descriptions, or show notes, entice the listener to hit play, but they're also a key aspect of SEO that makes it easier for search engines to find you. First, here are some tips for writing episode descriptions:

- A one-sentence informative teaser of the episode featuring the guest's name and specific topics—a perfect description.
- Limit them to three or four sentences.
- Make the first 120 characters count.
 - Include important keywords and guests' names.
 - Create a connection with the episode title.
 - Avoid filler words and spoilers.
 - Poppy Newdick, senior product manager at Spotify, recommends focusing on the topics you talk about. "Topics are people's interests, and when people are interested in something, they will search for it. Think about writing your podcast episode descriptions after you've recorded your podcast, you never know where your conversation might go."

DR. LYNDA....KEHLANI sits down with KITTENS to talk about their identity journey and coming to terms with being a lesbian, as well as how she's found peace as a human and artist in the public eye.

GUEST NAME...Musician Jacob Collier is known for his electrifying performances and thoughtful views on art and humanity. This hour, Jacob joins us for a conversation on the sparks that fuel his creative process.

INTERESTING FACT: The U.S. just approved its first small modular nuclear power plant design. What does it mean for the future of nuclear power? Plus, the science of fungi in the new 'The Last Of Us' TV show. And how a musician used the sounds of climate change on his new album.

KEYWORD LIST: Landfills! Treasures in the trash! Corporate conspiracies! Composting! An instantly classic conversation with the incredibly knowledgeable, frank and wonderful Dr. Robin Nagle of New York University's Liberal Studies! She is a clinical professor, author, TED speaker and former New York City sanitation worker and truly the best person on Earth to trash talk with. We cover what you can and can't actually recycle, sticky mustard bottles, drugs in the trash, Swedish Death Cleaning, mobsters and landfills, Bitcoin in the dump, the future of garbage and exactly how screwed we are.

Many of us rush through our days, weeks, and lives, chasing goals, and just trying to get everything done. But that can blind us to a very simple source of joy that's all around us. This week, in the fourth and final installment of our Happiness 2.0 series, psychologist Dacher

Why do some companies become household names, while others flame out? How do certain memes go viral? And why do some social movements take off and spread, while others fizzle? Today on the show, we talk with sociologist Damon Centola about social contagion, and how it can be harnessed to build a better world.

Having a sense of purpose can be a buffer against the challenges we all face at various stages of life. Purpose can also boost our health and longevity. In the kick-off to our annual You 2.0 series, Cornell University psychologist Anthony Burrow explains why purpose isn't something to be found .

We take a deep dive into how big tech has accumulated so much unchecked power. Plus, insulin maker Eli Lilly finally capped the price of the drug. And our favorite science-related Oscar nominees..

Other Examples:

(Acolades first)

Mandy Balak has received many accolades throughout her career including, Entrepreneur of the Year, Alberta's Top Young Innovator, Start Up of the Year and Female Entrepreneur of the Year to name a few. But perhaps what makes her the proudest is that many of the people she's worked with have said that she has changed their life, whether it is by encouraging them to take the leap and build the business of their dreams or learning more about themselves in the area of personal growth and development. I'm not going to say too much more because that's what the episode is for. Enjoy! This is Mandy Balak, Founder and CEO of the Ace Collective.

(Story first)

When Nic Witzke went cycling for the first time with his dad in Italy, something just clicked. Cycling provided him with a mental and physical challenge he thrived on. He specialized in hill climbing, a form of cycling that requires massive endurance and mental strength - skills he would unknowingly need later in life, when he received a diagnosis that shook him to his core.

In my interview with Nic. he answers a fundamental question, how do you live when there's nothing left to lose but everything is on the line?

(Insight Promised first)

Branden Collinsworth is changing lives through holistic fitness and the art of positive human psychology.

In 2002 Branden was broke, homeless and a high school drop out.

Now, he's a Nike Master Trainer (an honor bestowed to ONLY a few people in the ENTIRE world), an ivy league scholar and an international elite performance coach for some of the world's most impactful people in sports, music and business.

But what he's most proud of is his work as a humanitarian and living a life rooted in joy, abundance, adventure and connection.

He's endorsed by other brand giants like lululemon, Red Bull, SUMMIT and Dr. Oz.

This is his powerful story...

[Notes for Editor]

RELEVANT LINKS FOR ARTICLE (Special Things Mentioned in the Interview)

DR. LYNDA'S THOUGHTS & OUTTAKES from her notes during the interview noticed live during the interview

Actual interview started about 7:30

This is about art, but not about art... I don't want to lose people...

So feel free to mix up the first three or 4 questions and her answers, and if you think you can make it more interesting, you can cut some where your mind starts to wander. (But she usually ends each question I ask with a well said point.)

15:35 he describes a piece of art. Can you find that and put it up while she is describing it... and then you can cut some of her description out.

16:45 to 18:45 might be a good short in there

20:15 to 23:00 she says some amazing things that might make a great OPENING.

24:30 she says something awesome

25:10 she says something awesome

27:30 also a great moment

31:15 to 31:47 a great comment

37:30 to 39:30 BREAK

Let's get a link to the David Boie movie *Labyrinth*

About 50:00 to 60:00 I had asked her if there is any fun happening... and she goes into a Long important part describing this heavy piece of art (that sounds no fun) but she eventually gets to the fun part... so cut that heavy part by about half,

NOTES FROM STEPHEN as or after he is editing

DR. LYNDA'S final suggestions after seeing 1st DRAFT
Noticed after watching through the episode

[Team Title Brainstorm]

TITLE IDEAS

1. Art is the Conversations Piece We Need
- 2. Beyond the Canvas: Using Art to Tackle Big Conversations**
3. A View to Empower Your Voice: Using Art to Spark Big Conversations

Here are some possible titles for your podcast episode with Sabrina Phillips:

1. "Equity Through Art: Sabrina Phillips on Healing, Reflection, and Connection"
2. "The Transformative Power of Art: Sabrina Phillips on Bridging Conversations and Building Trust"
3. "Art as a Mirror: Exploring Identity and Justice with Sabrina Phillips"
4. "Breaking Barriers: Sabrina Phillips on How Art Connects and Heals Communities"
5. "Courage, Curiosity, and Creativity: Sabrina Phillips' Journey Through Art and Equity"
6. "Sabrina Phillips: Redefining How Art Sparks Dialogue and Human Connection"
7. "From the Gallery to the Heart: Sabrina Phillips on Reflective Practices Through Art"
8. "The Art of Listening: Sabrina Phillips on Slowing Down and Finding Connection"
9. "Beyond the Canvas: Sabrina Phillips on Using Art to Tackle Big Conversations"
10. "The Human Canvas: Sabrina Phillips on Vulnerability, Healing, and Growth Through Art"
- 1.

[The Interview]

INTRO & GUEST BIO SCRIPT

Hi, I'm Dr. Lynda Ulrich, and welcome to the Conspiracy of Goodness podcast
If you are tuning out the negative news more and more these days...

- THIS podcast... and its host website - The Goodness Exchange... can be the place you get instant connection to progress, remarkable inspiration, and ingenious ideas improving our shared futures.
- **There IS an enormous wave...**
 - And if you're listening to this podcast, it's probably because you are a part of this wave... You are probably a remarkably important giver, doer, and helper in your circles,
 - and the guests on this podcast will give you inspiration, joy and fresh ideas about how to continue that key role in society.
- **You were right to hold out hope for the future...**

It is STILL an amazing world out there, and on this podcast, we will introduce you to people who are making it that way.
- **We will put a spring in your step again...**
 - no matter the topic - (and our guests come from all corners of the world) you will take away some pearls that you can use everyday to see and be a part of what's right with the world.
- **You can live with less fear and more joy every... single... day...**

So.. welcome! Every wednesday we'll publish another episode - on almost any topic under the sun - sure to put a spring in your step again!

**We're here to shine a light on what's right with the world!
and we can get started on that goal rrrrright now!..**

INTERVIEW QUESTIONS PART 1

Trouble shooting Guest entering the green room!

here is a HELP page from Zencaster... do any of these seem to apply.. (Are you filling in the name box with more than 20 characters?)... and there is a mic setting help prompt too..

<https://support.zencaster.com/en/articles/6624217-guest-green-room>

Leaned from Andy..

Go into Chrome.... Open permissions for your camera... open up preferences... then restart Chrome

Today, I'm thrilled to introduce Sabrina **Mooroogen** Phillips, a visionary educator who's redefining how art can lead us toward deeper understanding and life-changing connection with others.

Sabrina is the Founder of **EquityThroughArt** a has taken the power of art and created something extraordinary...

Imagine small groups of students, teachers, and even social workers, gathering at museums and galleries in Austin Texas to spend hours exploring just three or four impactful pieces of art.

Now hang in there with me... I've been known to fly through art museums myself, and when I first heard of Sabrina's work, I thought it might not be a good fit for our followers...

But boy was I wrong! This is something groundbreaking when it comes to people connecting with each other - sometimes strangers - on the deepest levels of human understanding.

Through deep discussions and shared reflections over a few pieces of art, Sabrina helps people unpack their own experiences with identity, equity, and social justice.

With a background that has her finishing her PhD in April, spearheading equity initiatives at the Art Institute of Chicago and publications on representation in museums, Sabrina brings a wealth of expertise to each session.

She's not only helping people see art differently; she's creating space for people to feel heard, understand one another, and build connections.

In a world that's often rushed, Sabrina's work reminds us to slow down and listen—both to the art and to each other.

So... welcome ...

Your teaching and museum work... started with the goal of helping middle and high school students tackle tough topics like racism, equity, and identity through art.

But now... You are working with lawyers and police... and Whole Foods!!

Many people say "Art is not for me." I'm not creative... but there is so many ways of describing being an artist.... If you are creating, in any way... teaching,

What if we asked better questions about the things we don't understand?

Taking a page from looking at abstract art and ask What to you think the first mark was?

What was your "aha" moment that made you realize art could be such a powerful tool for teaching social justice and identity to kids?

- Art and social justice aren't the first things people think of together, so it's intriguing how you brought them together!

The story of the 10 year old boy who articulated that he felt a lot of things looking at the Joan Mitchell painting.

Your journey hasn't been a straight line.... You started in the film industry with the Harry Potter movies!!!.made a lot of the Quiddish accessories.

Her story of going to Egypt! And her creative ah-ha moment!

Do kids embrace this concept? **how do kids typically react when they first dive into these tough topics through art?**

- Do you ever get surprising reactions, like from kids who seem to "get it" right away or those who struggle but have a breakthrough?
-

You've worked with thousands of students and teachers through your "Doing Social Justice" program. What's one unforgettable story from working with kids that still makes you smile (or even laugh)?

- Kids say the most profound and funniest things sometimes!
-

They DO have the capacity to stay in their world of helping others... but they need some tools and

practices. The same thing applies to teachers!

How do you balance making sure kids (and adults) are learning while still having fun?

Having the Difficult Conversations...

Charles White the homage to sterling brown

BREAK:

Teachers do not have time.... Absolutely NO time for self-reflections...

Let's break the narrative about Teachers... All the things to change and learn and do and workshops and lesson plans, the social work, the rubrics, etc...

You've seen the teaching profession changing?

Classroom full of different cultures... and sometimes teachers don't even know much about their own cultures.

how do we get teachers to be in a space where they know who they are and their why.

Talk to us about Selfcare.... And Self compassion

Your Doctoral work is in marrying (in an accessible way) Art, Education and Social Justice
That's not really a triad you see in the same orbit.

We shouldn't use "DEI" word any more???

The ART puts our eyes on something objective!!!! And allows the difficult conversation!

Our own stuff (good and bad) starts to seep in.

COVID funk and finding your voice and community

Applying for grants... your recent!

- Self compassion series for workers can benefit from an art experience that speak to love, joy, empathy,
- They will take 2 hours to just visit and deeply take in all the meaning and possibilities for just 4 pieces of work.
- They are the ones in our communities who extend themselves past their sense of their own well being.
- (Anger is an action emotion.) But Joy is a sustainable emotion.

Have her give us the example!!!

Who should we give our attention to?

Original Courage?

If you subscribe to our youtube channel, there's a wonderful way you can help us spread what's right with the world by subscribing.

In 2022 at a big talk, angry activist demanded that the dalai lama address the fact that Compassion will not turn the tide of multi national corps driving climate change, or indiscriminate capitalism stop using child labor.. he said that what he was asking was "what do you want your fuel to be S you talks the problems of the world - fear, anger and hatred?"

The world is putting a lot of pressure on us to define success as ...

Famous, powerful and rich, but I've noticed that the folks improving our shared future define success and happiness seem to define it differently?

How do you navigate worry about the future?

People educate each other with their stories... is there a story in your background that seemed to change everything?

The focus on Mental Health today often can be less about health and more about reducing distress! Is there some strategy that you've learned to use to get to a more healthy mental state when overwhelm shows up.

"Hey, if you are enjoying this conversation please follow and subscribe to us! It makes ALL the difference in the world to how all this goodness and progress takes hold. If you are listening on a favorite platform - spotify, etc.. etc... rate and review us!.

Reinholt Niebor, "man is his own most vexing problem"

"Tune in to the story of progress!" Lean away from the over simplified story of one catastrophic thing after another" gloominess is a habit,... A wise life may be all about creating ripples that will land on shore we will never know. It creating a habit of thinking/saying "Yes and... what can I do.'

Human 2.0 : Could we be in the "in between time"??? The louder the negative noise gets, get closer to getting out of our fear and leaping!... we do have this historical capacity to leap forward. What would a leap like that lead to (look like.)

The next gen is building resilience and methods to keep their wells full!... so that they can stay strong through the LONG journey ahead for them

When you innovate... you invent for yourself a whole new species of responsibility (AI for example)

<https://www.youtube.com/watch?v=aSi4d75gFZQ>

AI to create this whole Litany of

9:09

harms that many of you know information overload addiction Doom scrolling influencer culture sexualization of kids

9:14

which angle makes you look the best online harassment shortening attention spans and the unraveling of shared

9:20
reality because giving each individual person the news that most engages them breaks that shared reality that
9:25
democracy depends on so think about this at a very simple technology that's just curating an AI That's curating which
9:32
posts to show you could have all of this damage with a very subtle misalignment and this is going to be really critical

What do you see is a new kind of responsibility that you never imagined at the beginning?

What do you really wish people knew?

For more information about our guest's work or the subjects we mentioned, check out the show notes for links!

An antidote to the doom and gloom is to get busy locally... make you life and the life of your neighbors and community better. What can you see and touch??? So that you can see the outcome of goodness right next to you!

If you haven't already, please Like & Subscribe to Goodness Exchange, where people with good intentions and great ideas - from all over the globe - are coming together... to find each other and become multipliers for the best that is in our world right now!

The Goodness Exchange is where people who want a better world are gathering.

I hope all these connections to goodness and progress carry you through your week, and you start finding all that joy and wonder we've been talking about.

FUTURE - POSSIBLE 2ND INTERVIEW...

[Pre-Call Info]

Pre-Interview Date:	
Interview Rec. Date:	
Website:	
LinkedIn (follower #):	
Why We Care:	

SOCIAL MEDIA PLATFORM	HANDLE
Facebook	
Instagram	
Twitter	
YouTube	
Tik Tok	
Newsletter	
Other	

BEST BULK GUEST BIO COMPONENTS