

Part 1: Exploring Somatics: Resourcing and Grounding in Our Bodies

When: March 8th, 12-2pm EST

This workshop will explore the role of neurobiology-informed tools for cultivating increased capacity in times of crisis and heightened stress. Participants will gain insights into practical techniques for integrating somatic approaches into their daily lives and fostering a resilient and grounded presence both inside and outside of the classroom.

Goals:

1. Develop skills to stay grounded and present in the classroom.
2. Develop language and a framework for understanding the physiological, emotional and psychological impacts of external stressors and crises, and an analysis of how that shows up in the classroom
3. Foster a sense of connectedness within the academic community through somatic awareness.

Part 2: Somatics and Generative Conflict: Navigating Tensions in the Classroom

When: March 22nd, 12-2pm EST

This workshop will explore strategies for effectively navigating crisis and conflict within the classroom. We will discuss and explore how somatics offers us a framework for connecting with and embodying our values as educators and scholars, ultimately allowing for values-aligned and constructive conflict engagement.

Goals:

1. Enhance skills for navigating crises and conflicts in the classroom.
2. Develop effective de-escalation techniques for conflict engagement.

Part 3: Building Lasting Communities: Cultivating Embodied Presence and Values-Aligned Connections

When: April 12th, 12-2pm EST

This workshop will focus on the role of embodied presence in the development and maintenance of long-term community building. We will explore the impact of Somatic awareness on our relationships and communities, and deepen our capacity for collective care.

Goals:

1. Develop sustainable, embodied strategies for fostering community within and outside of the classroom.
2. Develop tools for supporting and nurturing value-aligned communities and care networks.