



Group reflection

Spaces of bravery and belonging

Thirty minutes (or more if possible)

We understand that Pathways groups typically meet for ninety minutes or so. We invite you to set aside 30 minutes of that time to share something from your individual reflections.

Hosts: how to use this with your group

We are suggesting a thirty-minute activity that moves from small conversations to a large group share-out. Use or deviate from this guide as you see best. Please let us know if you need more (or less) support from us in future sessions.

A suggested guide for your group conversation is on the next page...



Group conversation guide

1. Small group sharing

Group size: pairs

Time: ±10 minutes

In your small groups...

- **Arrive.** Take a moment to find yourself, your breath, your feet. Feel what you are bringing into the space.
- **Acknowledge.** Introduce yourself to your partner using the language of acknowledging yourself, your ancestors, the land and indigenous people of the land and the legacy of colonization you stand in. Feel how saying these acknowledgements sit in your body
- **Share.** Share something that struck you as you listened to the mixtape and, if you had time, engaged in the individual reflections.
- **Listen.** For the person listening, we invite you to bear witness to, that is soak in, what the other person offers.

Please take care of each other and share the talking & listening space between you.

2. Group harvest

Group: Everyone gathered in one group

Time: ±20 minutes

Invitation: The hope of this kit is to support you toward building brave cultures that extend belonging to every member.

For the group conversation, each individual is invited to share three practices they would like to engage in. The following framing might be useful:

To host myself well, I intend to practice _____

To relate in a way that moves me closer to liberation, I intend to practice _____

To participate in co-creating a space of bravery with you all, I intend to practice _____

Consider: Each Pathways group now has its own “group” in the Mighty Network. If it’s useful to the group, consider making a post there where you can collect these thoughts and intentions and continue the conversation after you’ve met.



Team for this kit

Hanna du Plessis, Sheba Gittens and willi farrales, authors
Marc Rettig, producer / editor

OSU Racial Justice Pathways

This document is part of the OSU Racial Justice Pathways set of learning and reflection kits. Visit racial-justice-pathways.mn.co to listen to the audio mixtape that accompanies this guide, find more resources and guides, and join your colleagues in applying these ideas to your own life and work.

Questions or comments? Email hello@fitassociates.com.

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