

REMINDER WORKSHOP

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What does your company do?

The “Reminder Workshop” harnesses the transformative power of poetry, storytelling, and human connection to facilitate healing, restoration, and repair. Poetry, as a form of literature, goes beyond mere rhyme; it is a medium that ignites concentrated imaginative awareness of life experiences and taps into the body, mind and soul of the listener, the writer, and the performer. This workshop, founded by a fierce survivor, seeks to guide individuals through the process of uncovering, recovering, and discovering themselves, their power, and their purpose.

Drawing from personal experiences of struggling with and overcoming profound challenges such as poverty, colorism, obesity, drug addiction, homelessness, hopelessness, and incarceration, I emphasize the capacity of poetry and writing to serve as a lifeline out of despair.. Sometimes, a simple yet constant “Reminder” of who you are and whose you are is enough to ignite your internal flame and usher you into the next phase of your healing journey or to initiate it.

The problem the potential participant is facing

The potential clients of “The Reminder Workshop” may share common struggles —they may have experiences of shame, guilt, and isolation, which often stem from early traumas. The effects of trauma are known to obscure our sense of purpose, worthiness, and self esteem as well as deeply harm our relationship to ourselves. These internal struggles lead to self-condemnation which is a form of internal violence that hinders us from embracing life in all of its fullness. This workshop aims to address these challenges by reconnecting clients with the power of words, thoughts, and emotions. No matter your sex, color or religion, deep down, most of us believe that we were born for a purpose. Even if we have no idea what it is, we know that it exists.

The solution your company offers for that problem

The Reminder Workshop proposes a unique but not uncommon approach to healing and reclamation through poetry, journaling, and group work. The workshop will guide participants through thought-provoking journal prompts, encouraging them to sort through their thoughts and delve deep into their emotions to uncover, discover, and/or recover themselves. Participants will learn to deconstruct and understand the power of words, challenging preconceived notions and fostering a mindset shift.

Positive self-talk, affirmations, and replacing negative thoughts with positive ones will be explored, empowering participants to reshape their narrative. It's typically easy for us to communicate our defects and shortcomings but it's extremely difficult and uncomfortable to vocalize our assets and strengths. This workshop also emphasizes communal healing through group discussions, creating a space for transparency and vulnerability. In addition, the participants will write their own version of the "Reminder" poem.

The Reminder poem and workshop are products of my personal journey and the need to reaffirm myself on the days when life is doing what life does. The goal is to embody the words that I speak over my life and reflect everything that is righteous and royal within me. I can say with full confidence that I have been gifted with the ability to create an environment where participants can be forthcoming and honest, while also making space for people to be exactly where they are and not forcing them to be anywhere that they are not. As a woman who has facilitated well over 70 community meetings, and workshops across the country and beyond I have become accustomed to leaning on my skill and my as well as my intuition.

How your company will implement the solution to solve the problem

The Reminder Workshop begins with a session centered on human connection via storytelling which is centered on vulnerability. Our stories are medicine so I will share my raw and real testimony. What comes from the heart reaches the heart.

Next, I'll perform the Reminder poem.

Following this we will unpack the piece during an activity we call "Spirit Hit". At this time, we will define the most impactful words used in the poem. This will not be a lecture or one way conversation. Instead, this will be an open dialogue. Following this portion, we will answer the journal prompts and share them aloud for those of us that are willing. The workshop culminates with a rewriting sectioning of a poem in their own words and they will leave with a personalized Reminder poem of their own.

During healing, we often feel like no one will be able to relate to us. Sharing stories and creating meaningful connections are integral during healing and we will provide space for this here.

Active Learning Strategies:

- **The Therapeutic Method of Self Disclosure:** The “Reminder ” Workshop begins with a human connection. To open the first session, I’ll share my unadulterated testimony. After highlighting the most painful points in my life that caused me to forget my power, I will share how I overcame and became the woman that I am today. Our ideal participants are survivors because we all choose to survive our thoughts everyday. . Therefore, they have not lived a fairy tale life and won’t connect with someone who has. It’s my hope and my experience that in being truly authentic, participants are able to feel emotionally safe in my care and given permission to drop any facade that’s often presented during healing sessions.
- **Spoken Word-** The facilitator will open the session with a powerful poem which is the foundation on which “Reminder” was created. This is followed by a brief **open group discussion** about the content of the poem and the most impactful words. This open forum is intended to initiate the conversation about the subject matter while eliminating rigidity within the group.
- **Workshop - Processing and Journaling-** The “Reminder ” curriculum includes guided questions that are designed to provoke thought, improve emotional awareness and increase cognitive functions. Participants will have the options to share out loud or write their responses in a journal. We call this the (“*Spirit Hit*”) which is a head, heart, hand exercise.
- **Word Definitions-** In order to understand the power of words and their voice, participants will collaboratively unpack some of the most impactful words used in the spoken word poetry piece. Participants will then process their thoughts while answering the emotion-provoking questions that accompany each stanza. We often assume the meanings of words but there is value in reviewing definitions that often renews our mindsets which is a key factor in healing.
- **Writing Prompt:** They will recreate the poem from the workshop and personalize it to fit them.
- **Positive Affirmations:** We create a list of positive affirmations and the clients will decide which ones they would like to adopt for themselves.

“Reminder ” Learning objectives

- *Participants will learn the importance of using positive reinforcement.*
- *The participants will learn the difference between feeling, emotions, and mood.*
- *The participants will learn various ways to express themselves (creative writing, positive self-talk, affirmations, and journaling).*

- *The participants will learn the importance of having a support system and the negative effects of isolation.*
- *The participants will learn how to use the coping strategies “1, 2 3 is this me?” and “Check it, Catch it, Change” to identify, evaluate, and redirect negative thoughts.*

How long the project will take and the investment

The “She Speaks” Workshop can be a 4 or 8 part series.

2 ½ hour sessions for 4 part series and 1 ½ hours sessions for 8 part series.

Full-day workshops are available for a discounted rate. Full-day workshops require a 9 hour block to account for lunch (not included in price) and breaks.