



**SPRING 2016**

## Courageous Conversations

[A Facilitated Dialogue]

**Program Goals:**

- Authentically engage in challenging conversations
- Experience and embrace discomfort
- Reflect on experiences based on socially-constructed identities
- Increase likelihood to engage in unstructured conversations
- Consider and appreciate multiple perspectives



### What can you do to create positive change?

*"Tomorrow, to improve the community, I want to talk to someone about their day. I want members of my chapter to know that someone on their executive board cares about every aspect of their lives. I want just one person to see that they can be their genuine self when they're with me"*

*"Have these conversations with people on a personal level "*

**+** *"Be less judging - everyone has their own life struggles & I want to stop assuming that I know their truths"*

### What was your major "ah ha" moment?

*"I was pleased to learn a lot of other people want a change; it gave me a sense of relief"*

*"Hearing the other people say things I've been thinking for a while but I've been too scared to mention. Now I'm more confident!"*

*"I didn't know what I didn't know. Now I know what I don't know and am able to take steps toward learning and understanding"*

*"I realized, even more than I already did, how privileged I am as a person of my social, ethnic, and other backgrounds"*

*"Privilege is about more than just money"*

### What questions are lingering for you?

*"What can I do to help make people feel more included?"*

*"Am I wearing a mask?"*

*"How can we make conscious efforts to change and reshape behavior?"*