Moments to Movement
Foundations Course

One-hour sessions, weekly, for 4 weeks
Additional cohorts will be added each month

LEARNING GOALS FOR LEADERS

• Create a brave space to “lean in” and have an honest dialogue about race
• Help leaders become more aware of their level of racial competence
• Learn how to frame a conversation about race with teams
• Practice potentially difficult situations in a safe space
• Inspire leaders to keep learning how racism lives in us and in the world, and how they can support positive change

COURSE DETAILS

• Cohort-based, coach-facilitated, bite-sized learning
• Four 1-hour facilitated dialogues
• Open, honest dialogue among peers
• Application exercises and resources

FOUR SESSIONS

SESSION ONE: Locating Ourselves and Beginning the Journey
SESSION TWO: Developing a Shared Language and Widening our Lenses
SESSION THREE: Leaning In and Speaking Up
SESSION FOUR: Building Support and a Plan for What’s Next

WHAT PARTICIPANTS ARE SAYING

"It is one of the best experiences of my career. It deepened my learning and I also learned more about how I have so much work to do."

"It’s important for all of us in leadership to be accountable to the goals of anti-racism in all of our activities and policies, and this is a starting point for that."

"It was valuable having uncomfortable conversations in a controlled setting. I felt that I was not being judged about what I did or didn't know or how I felt."

FOR ADDITIONAL DETAILS, CONTACT THE OLE TEAM: DHLeadersThrive@duke.edu