

KNOW THY SELF

Self Awareness, Self Care, & Living Intentionally



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WORKSHOP STRUCTURE

What should you expect?

- Open and honest conversations
- Exercises & small group work
- Individual reflections
- Connection & community building

ABOUT ME



Charla she/her/ they

I am a social worker and therapist who believes we are all Connected in Community. **Meaning, my healing is tied to your healing.**

The roots of my personal and professional life are always tied to the liberation of Black women. When ALL Black women know liberation, so will the world.

FAM!



INTRODUCTIONS



Name & pronouns
When you were a kid, what did you
want to be when you grew up?



MEDITATION

Find your oasis

2000



12 years old

One of the tallest girls
Skinny
Glasses
Braces- WITH HEADGEAR
Big sister
Travels every summer to be
with dad
Avid reader
Has great groups of
girlfriends

BIG BODY BENZ, REMEMBER I USE TO BE DUSTY...

Choose an age or grade, from your childhood to reflect.

Who is your best friend?

What are you afraid of?

What are you hopeful about?

Where do you turn for help?

What do you do for fun?



Think. Pair. Share.

“SOMETIMES WE
HAVE TO GROW UP
BEFORE WE GET THE
CHANCE TO
APPRECIATE THAT
WE GREW UP.”

Self reflection & connection

SELF, I LOVE YOU.



BREAK



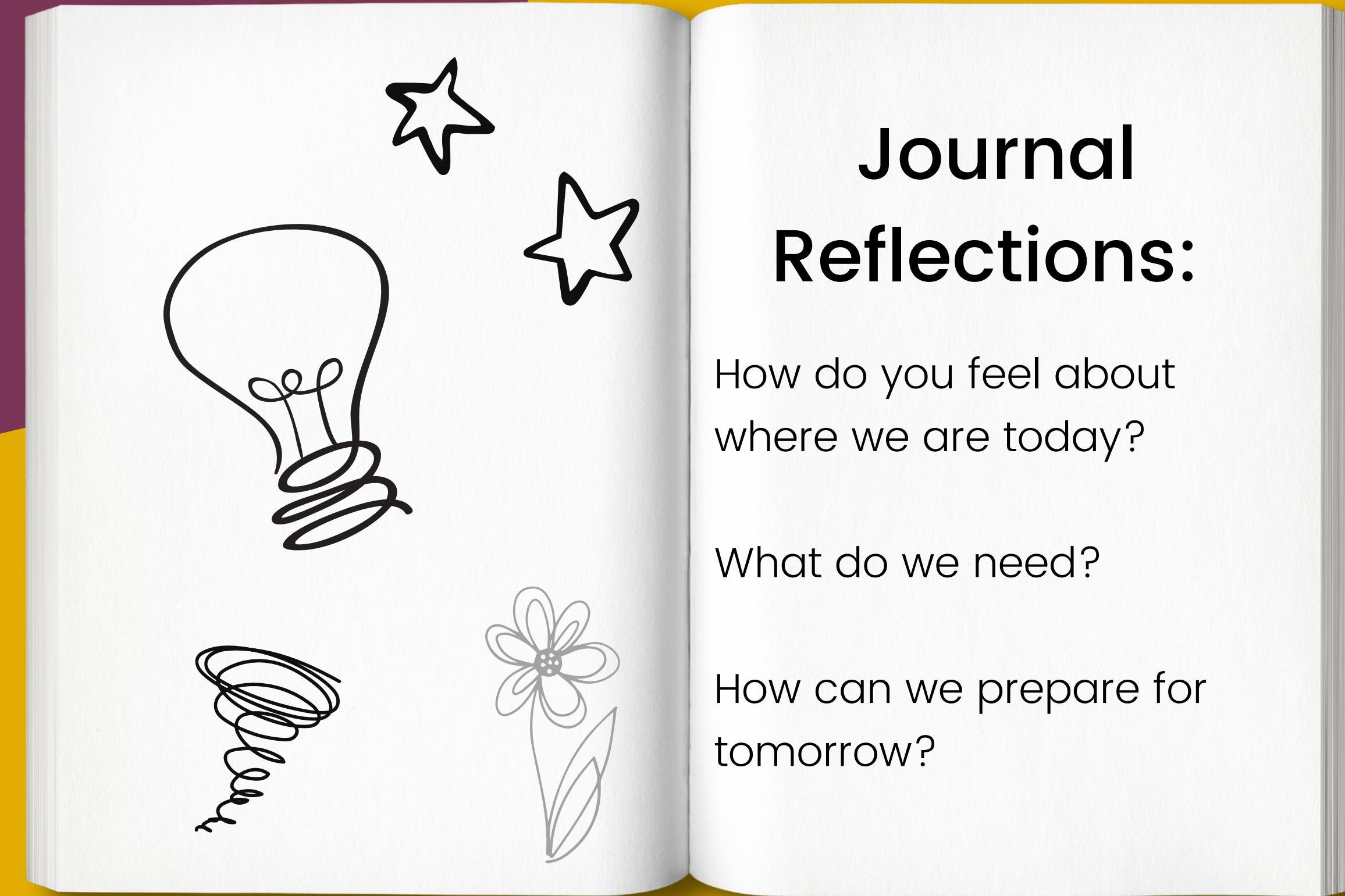
TEMP
CHECK



MEDITATION

Connecting to this moment.

YOU
GOOD?



Think. Pair. Share.

SPIRITUAL PRACTICE



CONNECTING TO COMMUNITY

How might this work, of understanding ourselves, help us build relationships with others?



At work



Friendships



Broader
Community



OPEN THE FLOOR

Thoughts? Questions?
Reflections?

THANK YOU FOR LISTENING!



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