

Sanctuary Space

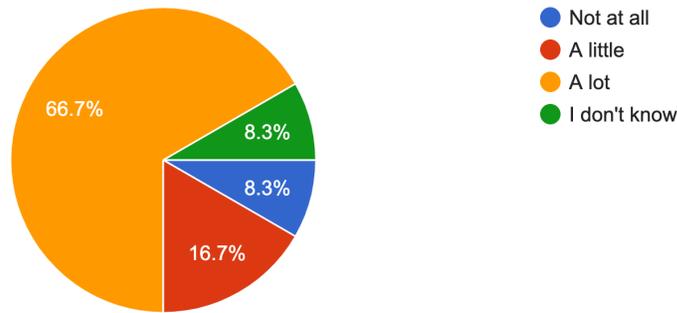
Post-Event Evaluations

What's Representation Got to Do With It? Part Two
April 9, 2021

Approximate maximum attendance: 26
Number of evaluations: 12

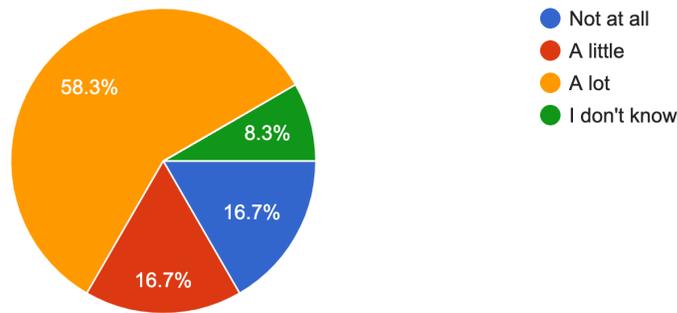
In your opinion, did this event increase your awareness of mental health issues?

12 responses



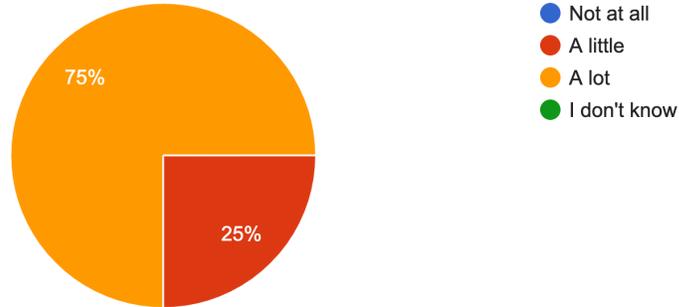
In your opinion, did this workshop help you confront and address stigma related to mental illness?

12 responses



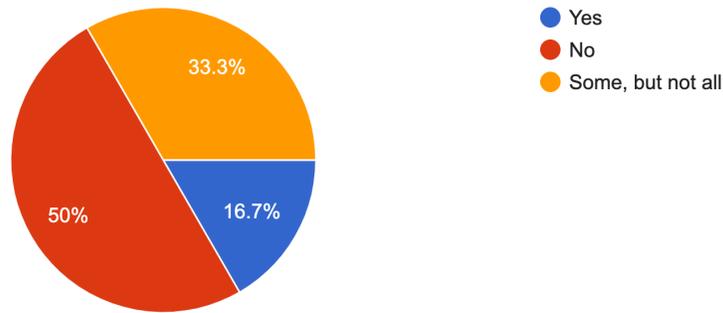
In your opinion, do you feel like you made a meaningful connection with other people with values similar to yours?

12 responses



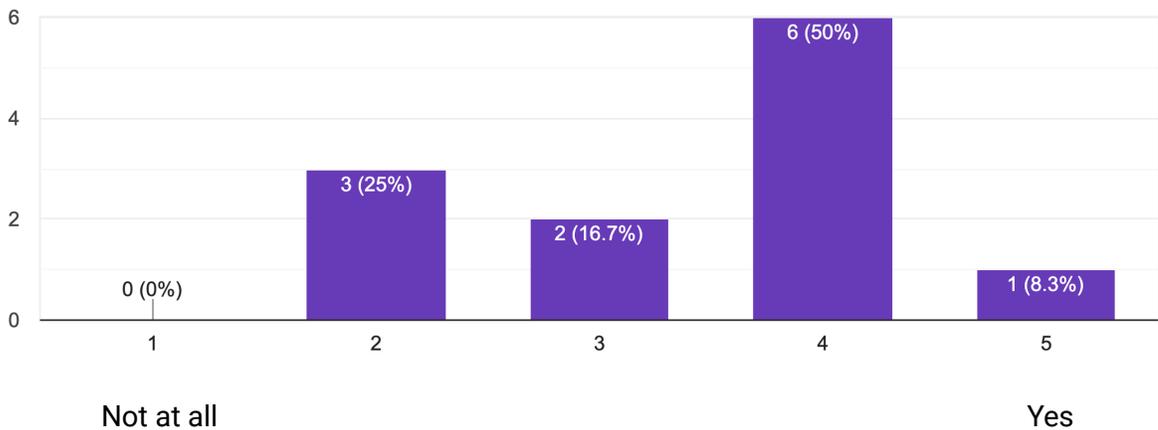
Did you know about the resources that were shared in the Shared Notes prior to the workshop?

12 responses



Was the topic of today's event something you think about often, or was it new for you?

12 responses



Not at all

Yes

What are your initial thoughts about your experience at today's event?

I really appreciated Calvin and Rebecca's perspectives on representation and bringing their life experience to the table. I found myself frustrated not being able to quickly understand the reading and some of the videos which was an important reminder for me to check my ego that just because I can't understand or categorize it quickly, it doesn't mean it's not worth understanding or meaningful.

Wonderful!

I really enjoyed it!

I loved it. It was great to watch the films, read the excerpt and have time to discuss them.

It was a lovely space to learn more about understanding and listening while practicing it at the same time. Incredibly engaging, diversified in media/examples/perspectives and informative/educational. Brilliant presenters.

I thought it would be more like a workshop for mental health issues.

Really interesting beginning conversation about something so impactful in our every day life.

It was unexpectedly chill.

Awesome facilitators with great subject matter.

Great initial conversation starter.

What was your key takeaway?

To slow down if I want to take representation seriously. To resist urge to categorize.

An understanding of 'PSAs' as a form of representation in media.

It gave me something to think about with the concept of listening. When I talk with someone, am I listening or just hearing?

Hold back judgments for all "groups" have to deal with some sort of anticipated stereotypes and misconceptions. You are NOT alone in this.

Slowing down and coming from a place of compassion creates a welcoming and effective environment for listening and understanding others

That feeling you get when you're frustrated you don't understand and feel incompetent and want to turn away/check out/feel resentful that someone isn't speaking your language/giving you context – stop, slow down, lean in and listen harder (speaking to myself). That's where understanding happens. Loved Calvin's example of the crying baby - our knee jerk reaction is to try everything to silence the cry rather than listening and paying attention to identify what they need.

I love the warming and relaxing atmosphere Rebecca created.

There's always space to be a better listener and to lean in. Why I feel frustrated sometimes. Realizing more how deep the intergenerational trauma is prevalent in my life.

to breathe; to listen; to pay attention and slow down.

How important it is to communication to truly listen to another's perspective w/out trying to understand from where I 'am' in my own understanding.

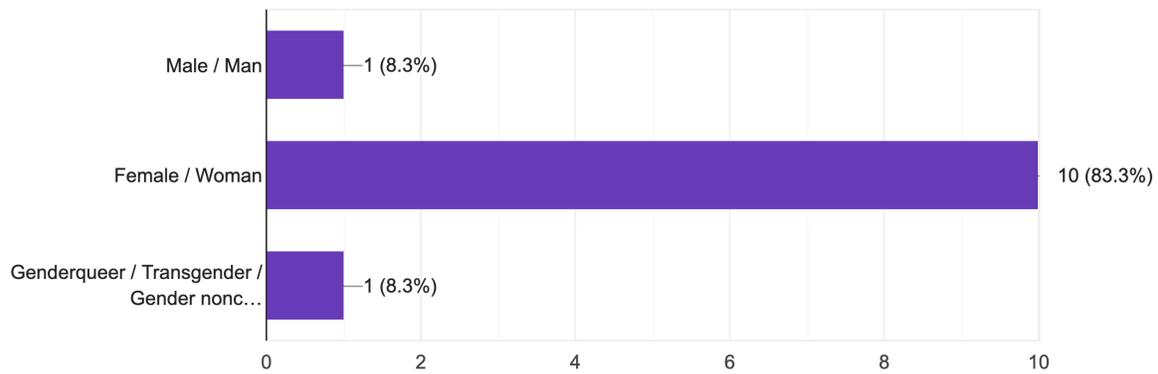
Always room to be a better listener and have more compassion.

How might you use what you learned today?

To regularly check my privilege and to not turn away just because I am frustrated or don't easily understand.
 Try to use the lens of PSAs vs. accurate representation in media.
 I'll think about how I can communicate better.
 Create more art. Share more about my past with my audience.
 I will definitely be reflecting more on how I communicate and interact with others and practice slowing down and truly listening more
 When striving for representation (in marketing materials, communications, etc.), I'll prioritize making space to show broad spectrum of humanity/emotions rather than highlighting a specific experience with the intention of educating.
 I want to be more patient with everyone
 Practice more compassion when it comes to topics I am not as familiar with or language. Do my own research for context. More selfcare in dealing with own trauma and parents, family.
 I have opportunities in my relationship with my husband and children to practice that
 I will remember today's workshop when trying to communicate more effectively with my children in particular.
 Take initiative to get context, more understanding of family's intergenerational trauma.

Gender Identity

12 responses



Ethnicity

12 responses

