

Stress: A decolonized Perspective

with Kisha "Free Woman" Montgomery (engl.)

What are the intangible stress factors that impact us on a daily basis? We think about money, relationships, rent, peers, our studies, being far from home or family pressure, but do we think about Racism? Sexism? Classism? Colourism? Homophobia? Religious discrimination? Discrimination is a form of stress that takes energy to face and cope with on a daily basis. We - who are 'other' - often deal with slights, rejection and discrimination on very subtle and intangible levels - i.e. in conversations, in our classrooms, in the train station, when we go out to eat, in the literature we have to read, on the bus, in our dorm rooms our every day engagement with the outside world. We experience a kind of push back for being who we are simply, because we do not reflect the majority and are different. We can internalize oppression - trying to fit in when we don't - and experiencing loss, grief, depression and anger as a result.



How do we stay whole in the face of discrimination, bias and intolerance? In this session we focus on creating space to talk about our real life experiences and gain tools for self care, self-love and self-acceptance as part of a larger framework of decolonization.

Born an advocate, Kisha "Free Woman" Montgomery's work has focused on advocacy of grassroots communities. She has been working in the non-profit sector from 1996 to 2012 in the areas of domestic violence prevention, suicide prevention, fundraising, faith-based organizing and International Development. Her skills include – amongst others – Motivational Speaking, Leadership Development, Community Organizing, Storytelling and Spiritual Counselling. Kisha "Free Woman" is a Black American currently visiting Berlin.

Session I

or

Session II

Date: Tuesday, 20th of November 2018

Time: 3-5 pm

Room: 301

Date: Wednesday, 21st of November 2018

Time: 10-12 am

Room: 301

You can visit either one or the other Workshop. For a binding registration, send an E-Mail to

empowerment@ash-berlin.eu

These sessions are particularly addressing students who experience different forms of discrimination. The sessions will be facilitated in English sound speech. Please let us know, if you wish for whispering translation or have any other needs and we will do our best to meet it. Also the room is basically barrier-free, please approach us for further assistance.

