



WELCOME TO
"OPPRESSION/ANTI-OPPRESSION"
WITH BAHIA YACKZAN



INTRO TO
HOW TO STEP OUT OF AND
COUNTER
OPPRESSIVE PATTERNS

MY APPROACH: ACCEPTANCE IS THE KEY

- WE ARE ALL BORN LOVING AND CURIOUS
- HUMAN NATURE IS KIND
- AS YOUNG CHILDREN WE NATURALLY REACH OUT AND CONNECT REGARDLESS OF DIFFERENCES...
- WE WANT TO RETURN TO BELONGING AND INCLUDING

FOR COACHES

TO DEEPEN ABILITIES TO:

- PERCEIVE/READ
- UNDERSTAND
- RESPOND VS REACT OR
- INTERRUPT HARMFUL BIASED PATTERNS

WHY? THE MOMENT THE WORLD IS IN

- AWARENESS OF RACIAL INEQUITIES IS EXPLODING
- LARGEST CIVIL RIGHTS MOVEMENT
- INCUMBENT UPON US TO UPSKILL IN ALIGNMENT WITH OUR INTEGRITY



3 MAGIC KEYS TO A GROWTH MINDSET:

- 1) REMEMBER WE ARE ALL ON A LEARNING CURVE
- 2) DROP DEFENSES
- 3) CATCH IMPULSES TO JUDGE

CALM COMMUNICATION METHOD AND DEMONSTRATION

1. Breathe
2. Remember that we are all human
3. Ask a connecting question
4. Listen to the answer
5. Offer an alternative point of view

BENEFITS AND OUTCOMES

- INCREASE CONFIDENCE AND COMPETENCE TO ADDRESS OUR OWN AND OTHERS' BIASES
- INCREASE SAFETY FOR EVERYONE
- REDUCE TENSION
- EXPERIENCE JOY OF CROSS CULTURAL CONNECTIONS
- CREATE BELONGING & EQUITABLE INCLUSION

BAHIA'S CONTACT INFORMATION

Website: [Knowwhatyouwantcoaching.wordpress.com](https://knowwhatyouwantcoaching.wordpress.com)

- Bahia Yackzan, TV/Radio host *It's Your Voice W4CY*
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Teleclass: Feb-April 2022 (6 week or 12 week modules)

Or In-Person Weekend Retreats (Health Guidelines permitting):

*****July** Old Orchard Beach, **Maine**

*****September** Mid-Coast, **California**



THANK YOU!

QUESTIONS?