Beyond Stereotypes: Defying the Lie of Who Gets to Be Well

June 20th, 2024
Tips for Engagement!

- Introduce yourself!
- Talk with one another
- Share resources
- Respond to presenters

- Ask the presenters questions
- Upvote questions you’d like to see answered

- Live captions available in the panel by clicking on the “CC” at the bottom of the screen

- Who is with us today?
  - Type in the Chat to introduce yourself - name, organization, what do you hope to learn today?
  - For all participants to see your message, change to “All panelists and attendees” in the Chat

* This webinar is recorded and will be sent out in a week, with the slides.
<table>
<thead>
<tr>
<th></th>
<th>Agenda Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Welcome &amp; Introductions</td>
</tr>
<tr>
<td>2.</td>
<td>Polls</td>
</tr>
<tr>
<td>3.</td>
<td>Centering Exercise</td>
</tr>
<tr>
<td>4.</td>
<td>Panel Discussion</td>
</tr>
<tr>
<td>5.</td>
<td>Three Next Steps</td>
</tr>
<tr>
<td>6.</td>
<td>Meditation</td>
</tr>
<tr>
<td>7.</td>
<td>Audience Q&amp;A</td>
</tr>
<tr>
<td>8.</td>
<td>Resources &amp; Closing</td>
</tr>
</tbody>
</table>
Dr. Nishaun T. Battle is the author of Black Girlhood, Punishment, and Resistance: Reimagining Justice for Black Girls in Virginia, by Routledge Publishing. She is an Associate Professor at Virginia State University. Nishaun was the Principal Investigator of the STOP School Violence grant, funded by the U.S. Department of Justice 2019-2022. She has written extensively on Black Girlhood and self-care.

Dr. Battle is a self-care coach and wellness consultant, as well as a certified yoga teacher and somatic healing practitioner. Dr. Battle is a board of Directors member for a youth-based non-profit organization for young girls, Pretty Purposed, and is a consultant for MENTOR Virginia, a nationwide mentoring program that provides free technical assistance to youth-based non-profit organizations based in Virginia. You can learn more about her work and interests on her website www.drnishaunbattle.com.
Sharmae had an on/off relationship with yoga during her college years before she joined the Peace Corps. When the organization had a global shutdown due to the pandemic, she was devastated about her abrupt return to the United States in the height of a pandemic. Being dropped into uncertain times, she turned to a personal practice of yoga to regulate her mental state. After moving to Richmond, a friend invited her to community yoga at the 17th Street Market with BareSOUL Yoga (BSY). From there the journey from student to teacher began.

The environment was like no other yoga space and she found community in it that reminded her of her Peace Corps community. Continuing to show up on the mat with BSY, she was accepted into the Mindful Life & Community fellowship. While it resulted in her becoming a certified yoga instructor, this BSY program covered much more than movement and anatomy. Yogic philosophy became her lifestyle. The mindfulness, self-care, and restorative aspects that were highlighted in the fellowship, contribute to why her current focus is leading meditation while continuing a personal practice of Hatha yoga.
I am Kiran Bhagat, currently serving as the Director of Community Engagement + Operations at BareSoul Yoga & Wellness. In this role, I dedicate my expertise to fostering a nurturing community through mindful practices and wellness initiatives. Beyond my responsibilities at BareSoul, I am actively involved in project management for the Drums No Guns Organization, which focuses on using the arts as a tool for gun violence prevention and community healing.

Furthering my commitment to holistic health, I am also a Co-Lead Teacher, CYT-500 certified yoga teacher, and a trained Mindful Instructor. My passion for restorative practices extends into my role as a Restorative Circle Keeper, where I facilitate dialogues designed to mend and strengthen community ties.

My latest venture is leading the Beyond The Stem Floral Therapy Community Freelance Project, where I serve as the Integrative Healing Artist and curator. This innovative project is dedicated to providing healing-centered engagement through nature-based experiences. At Beyond The Stem, we utilize Floral Wisdom not only to address individual ailments but also to confront the persisting effects of ancestral trauma, particularly among historically injustice-impacted groups. Our goal is to support Black and Indigenous individuals who are navigating both historical and present-day traumas through transformative, nature-infused therapeutic interventions.
PANEL DISCUSSION
Three Next Steps

1. Create a morning routine
2. Practice meditation for 5 minutes daily
3. Build a tribe of like-minded people who support you
Resources

www.baresoulyoga.com
www.innerworkcenter.com
www.drnishaunbattle.com
www.ladyroseteas.com
www.udemy.com
https://www.rambhagat.com/drums-no-guns
https://healourcommunities.org/
Black Emotional and Mental Health: https://wellness.beam.community/
Ibram X Kendi NY Times Article
Additional Resources

Contact Us
Email us with any feedback or questions at collaborativewebinarseries@mentoring.org!

Affiliates
MENTOR Affiliates can support with training, resources, public awareness and advocacy. Find your local affiliate here.

Mentoring Connector
Recruit mentors by submitting your program to the Mentoring Connector.

National Mentoring Resource Center
Check out the OJJDP National Mentoring Resource Center to access evidence-based mentoring resources and to apply for no-cost training and technical assistance.
Remember!

- Please take 3-4 minutes to complete the anonymous survey to let us know how we did!
- In a few days, you will receive an email with information on how to download the slides, recording, and resources on the CMWS webpage on MENTOR’s website.
Join Us Next Month!

Mentoring LGBTQ+ Youth: An Urgent Need for Each of us to Act
July 18th, 2024
1PM – 2:30PM EST