Part One: Get Ready

Part Two: Practice Equity Daily

Workbook

Introduction

Part One: Get Ready

4. Prepare yourself to facilitate.

TOOLS FOR A DEEPER DIVE

Audre Lorde Thought of Self-Care as an “An Act of Political Warfare”
This article explores how Lorde believed self-care was a way for Black women in particular to reclaim the right to a sustainable, love-filled way of life, even as they provide love and care to others in their families and communities.

Facilitator’s Guide for Continuous Improvement Conversations with a Racial Equity Lens
This guide was developed by Living Cities “to support facilitators and leaders to advance cross-sector conversations and efforts aimed at population-level impact.”

Nine Self-Care Reminders for the Over-committed Activist
This post offers practical guidance that connects self-care and community-care.

Notes