Welcome! We’ll get started shortly. You’ll need something to write on + with.
PROTOCOLS

IF THIS, THEN THAT / The agreed upon plan for how we are going to handle things as they arise

What Are We Willing to Try Today?
Since the last week...
Our brains gather nearly 11 million pieces of information per second.

However, we have a maximum processing capability of less than 50 bits per second.
Describe what happened
DESCRIBE / Objective analysis and articulation based on observation

“What you see/observe”

INFORMATION GATHERING STAGE

INTERPRET / Subjective analysis and articulation based on observation

“What you think you see/observe”

INFORMATION PROCESSING STAGE

EVALUATE / Assignment of value judgment based on Descriptive and Interpretive information

“What you think and/or feel about what you think you see/observe”

DETERMINATION STAGE
Nature of our Identity

CULTURE

BIOLOGY

LIVED EXPERIENCE
Cultural Influences shape our worldview which builds our biases.
Levi’s Identity & Influences

- White
- Culturally Christian
- Dad

<table>
<thead>
<tr>
<th>White</th>
<th>Culturally Christian</th>
<th>Dad</th>
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<tbody>
<tr>
<td>Privilege</td>
<td>Faith</td>
<td>Babysitter</td>
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<tr>
<td>Anti-racist</td>
<td>Holidays</td>
<td>Primary Caregiver</td>
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</tbody>
</table>
My Identity & Influences

On paper, write down 3 identities
For each, list 2 cultural influences: events, beliefs, values, attitudes that influence worldview
Small Group Discussion

Pick one identity

• How do you define that identity?

• How did you pick those words for your identity and what do those words mean to you? Assigned or chosen?

• Share a story behind 1 or more major influence
Moral of the Story

• Start with **YOUR** own lens / Self awareness
• Be intentional and **GOAL** directed
• **Ask, Research, Observe, Take Risks**
What's Next?

Noticing + Naming

Practice Slowing Down — Describe, Interpret, Evaluate

Self awareness
Gratitude + Commitment