

National Assembly of State Arts Agencies

KNOWLEDGE ★ REPRESENTATION ★ COMMUNITY

Agenda People of Color Affinity Group Meeting

Friday, July 8, 2022
3:30 – 5:00pm ET

Zoom Call Instructions

Link:

<https://us06web.zoom.us/j/8721089080?pwd=OFM2aXBVREx6b25JaXMrbjRsWmF1UT09&from=addon>

Meeting ID: 872 108 9080

Call-in number: +1 301 715 8592 US

- I. Welcome**
Pam Breaux, President and CEO, NASAA
- II. Land Acknowledgement and PoCAG Agreements**
Marisa Summers, Assistant to the President and Board Administrator, NASAA
- III. Introduction – [Lauren DeVera](#)**
Carla Du Pree, Advisor, PoCAG
- IV. Workplace Wellness**
Lauren DeVera, 360° wellness facilitator, mindset coach, movement artist and educator
Lauren will provide guidance in finding ways to reduce stress; increase compassion to oneself and others; and obtaining mental clarity. We'll also practice a few breathing and stretching exercises.
- V. Introduction – [Dr. Dwinita Mosby Tyler](#)**
Abigail Gómez, Co-chair, PoCAG
- VI. Dealing With Power Dynamics in the Workplace + Q & A**
Dr. Dwinita Mosby Tyler, Chief Catalyst, The Equity Project
Dr. Mosby Tyler will discuss power dynamics as unwritten rules for how we engage and interact with each other in the workplace. People often try to attain a certain amount of power in the workplace, and those different intentions affect relationships and interactions.
- VII. Closing**
Marisa Summers, Assistant to the President and Board Administrator, NASAA

Resources

[The Six Dimensions of a Wellness Model by Bill Hettler, MD](#)
[5 Myths about Self-Compassion](#)