

# KNOW THY SELF

Self Awareness, Self Care, & Living Intentionally



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# WORKSHOP STRUCTURE

What should you expect?

- Open and honest conversations
- Exercises & small group work
- Individual reflections
- Connection & community building

# ABOUT ME



**Charla she/her/ they**

I am a social worker and therapist who believes we are all Connected in Community.

**Meaning, my healing is tied to your healing.**

The roots of my personal and professional life are always tied to the liberation of Black women. When ALL Black women know liberation, so will the world.

FAM!



# INTRODUCTIONS



**Name & pronouns**

**When you were a kid, what did you  
want to be when you grew up?**



# MEDITATION

Find your oasis



2000



**12 years old**

One of the tallest girls

Skinny

Glasses

Braces- WITH HEADGEAR

Big sister

Travels every summer to be  
with dad

Avid reader

Has great groups of  
girlfriends

# BIG BODY BENZ, REMEMBER I USE TO BE DUSTY...

**Choose an age or grade, from your  
childhood to reflect.**

Who is your best friend?

What are you afraid of?

What are you hopeful about?

Where do you turn for help?

What do you do for fun?



**Think. Pair. Share.**



“SOMETIMES WE  
HAVE TO GROW UP  
BEFORE WE GET THE  
CHANCE TO  
APPRECIATE THAT  
WE GREW UP.”

Self reflection & connection

SELF, I LOVE YOU.





BREAK



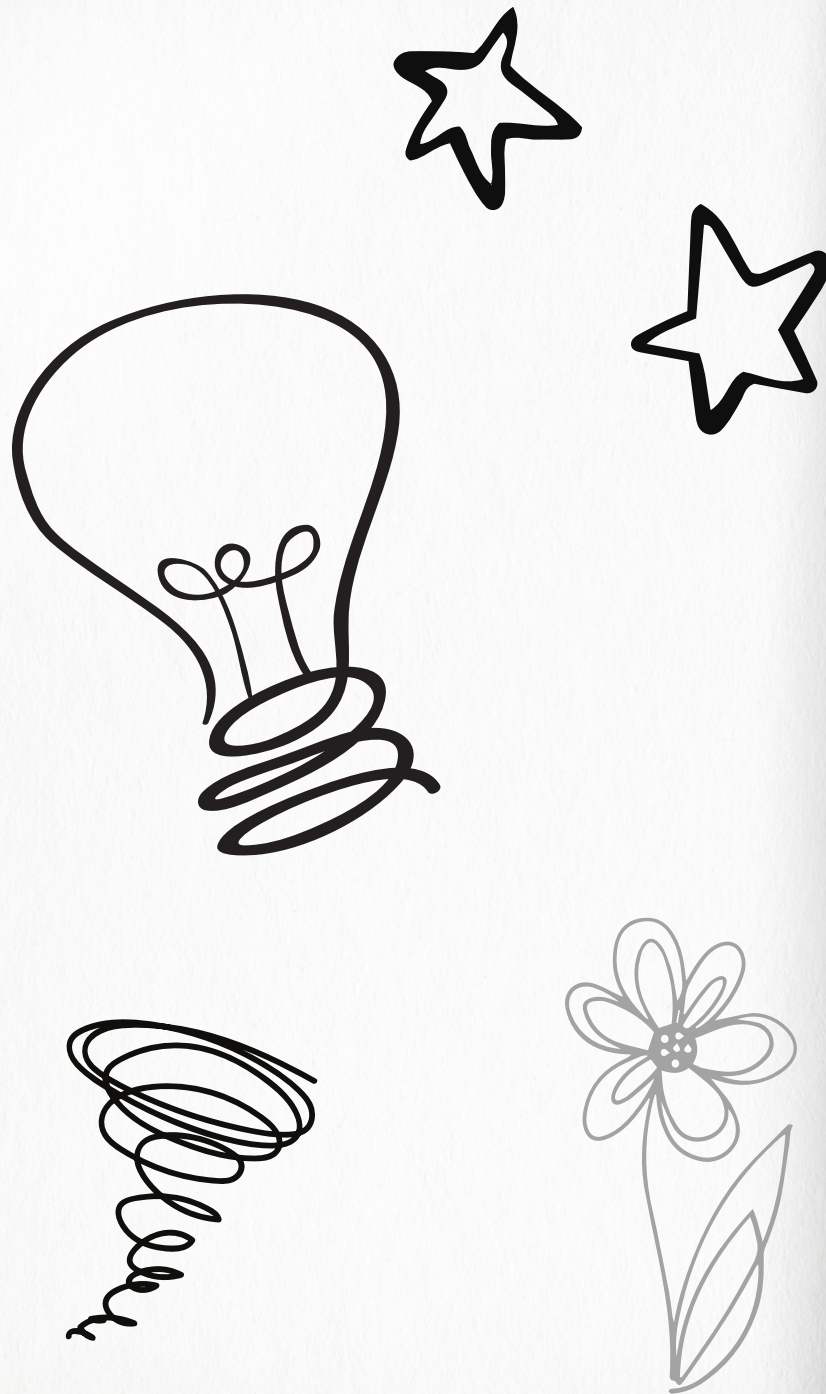
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# MEDITATION

Connecting to this moment.

YOU  
GOOD?



## Journal Reflections:

How do you feel about  
where we are today?

What do we need?

How can we prepare for  
tomorrow?

Think. Pair. Share.

# SPIRITUAL PRACTICE



# CONNECTING TO COMMUNITY

How might this work, of understanding ourselves, help us build relationships with others?



At work



Friendships



Broader  
Community





OPEN THE FLOOR

Thoughts? Questions?  
Reflections?

# THANK YOU FOR LISTENING!



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