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Workshop
Topics

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FEATURED WORKSHOPS

Asian American artistic expression is exploding all across the nation, whether through traditional or evolving media styles. From YouTube stars to viral Tiktok videos, Asian Americans everywhere are being seen and heard. Gen Z and Millennials are demanding their time in the spotlight, and using technology to sidestep traditional routes of media distribution to get their creativity to the public. We have reached a pivotal moment in Asian American history - one where Asian Americans are exerting their cultural identity on a national scale.

But the road is fraught with unknowns. Will Asian Americans create media that gives voice to all people, or will we simply mimic the media that we've consumed, perpetuating the exclusion/oppression of other marginalized groups? Will we forge a unique identity for ourselves, or will we use media to further assimilate into an American culture dominated by White Supremacy and other toxic modalities? In this digital age, new content is being created every day...how can we use it to gain visibility in a way that humanizes us and others, achieves racial reconciliation, and resists the status quo?

Bell Hooks once said, "True resistance begins with people confronting pain...and wanting to do something to change it." I believe that the key to our humanization is in confronting our pain, feeling it, and then sharing it with others in a radical way with all eyes pointed toward reconciliation. This means being becoming adept at accessing our feelings, speaking them to others in an emotionally honest and engaging way (storytelling), weaving those stories into our art (culture), and participating in dialogue where we receive the honest emotions of others. Only then will we gain true visibility in the form of communal humanization. My workshops each focus on a different aspect of this theory and work toward the same conclusion - creating radically honest people ready to speak their truths together to liberate themselves and their community.



Racism, Emotion



Culture, Synthesis



Speaking, Dialogue

SPEAK UP

"If I didn't define myself for myself, I would be crunched into other people's fantasies for me and eaten alive." - Audre Lorde

IT'S. TIME. TO. BE. SEEN.

Overcoming Toxic Invisibility for Asian Americans

How to be seen
In work, in life, by others, and by yourself

OVERCOMING TOXIC INVISIBILITY

Asian Americans are more represented than ever in media and society, yet we remain invisible in the public eye and the target of increasing hate crimes. In addition to external forces that render us invisible, we also render ourselves invisible through the internal forces of guilt, shame, self-doubt, and inter-generational trauma. The repression of this emotional pain renders us invisible even to ourselves.

In this workshop you will learn how to combat both the external and internal forces of invisibility by understanding the root causes of both White Supremacy and also emotional trauma, and you will be given tangible tools to heal yourself, heal others, and be seen.

1-2 hour workshop or 4-day workshop series, featuring interactive physical and vocal exercises

ASIAN AMERICAN RENAISSANCE

What does it mean to be Asian American?...The time has come to stop asking the question and to start answering it. With more Asian Americans than ever involved in the arts, sports, culture, politics, entrepreneurship and beyond, we are poised to create a distinctive identity, rooted in our unique experiences, that sets us apart from other communities but also brings us together in our shared experience as BIPOC. But the big question is, what will that identity look like?

This workshop will cover the history of Asian American cultural expression, the notion of "cultural synthesis", and how you can add your voice to this movement. Interactive exercises will help you understand your unique cultural traits and how to express them.

1-2 hour workshop or 4-day workshop series featuring interactive creative exercises

Asian American Renaissance

The Birth of a Culture

A workshop by Ryan Takemiya

Storytelling for Success

PRESENTED BY RYAN TAKEMIYA

STORYTELLING FOR SUCCESS

How can you influence others, speak your truth, AND boost your self-esteem at the same time? TELL YOUR STORY. Our brains are wired to use stories to navigate the world and to understand ourselves and others. But so often we are discouraged from using our gifts, to the point that many of us have forgotten our own power. Reclaim your voice and learn how to use it.

This multifaceted workshop touches on story structure, mythology, and even neuroscience to help you understand how stories engage the mind (and even change our brain chemistry!). Vocal and psychosomatic exercises will help you strengthen your voice, and you will learn how to engage an audience of any size.

1-2 hour workshop or 4-day workshop series, featuring interactive physical/vocal exercises, journaling, and story-sharing

FREE YOUR MIND

"Be proud of your heritage. Don't let anyone take that away from you. Know who you are. Know where you came from. Learn the road your fore-parents came, so you don't go through the same experience. Free yourself. You may not have chains around your legs, but you may have chains around your mind. Break loose from the chains. Find your true identity." - Malcolm X