UNIVERSITY OF PITTSBURGH

EMOTIONAL INTELLIGENCE for Community Engagement Professionals

Open to Pitt faculty, staff and graduate students

The Office of Engagement and Community Affairs has partnered with **YogaRoots on Location** to build your personal capacity to engage across lines of social difference and name how your unique identities show up in your practice as a boundary spanner. Gain the tools to be more aware, mindful, and culturally humble with the communities with which your partner in a supportive virtual cohort with other members of the Pitt community.

The series has limited availability, so participants are asked to commit to attending all five sessions, which include a closing session and four modules. The sessions will be conducted via Zoom.

YogaRoots Sessions: Fridays from 10 a.m. to noon

Module 1: Friday, May 5
Getting to Know Each Other: Who We Are and Telling Our Stories

Module 2: Friday, May 19
Introduction to Oppression

Module 3: Friday, June 2
Internalized Oppression: We Are All Oppressed

Module 4: Friday, June 16
Self-care and Community Care

Closing Session: Friday, June 30, from 10 a.m. to 11 a.m.

Where Do We Go from Here? Resources at Pitt to Continue Your Inclusion Journey

Facilitated by Jamilah Ducar and Branden Ballard

Please sign up via this Qualtrics link.

Questions? Contact Jamilah Ducar at jcd77@pitt.edu

University of Pittsburgh
Office of Engagement and Community Affairs

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