



Course: The Leadership and Survival Guide - Post Incarceration

Duration and Time: 6 sessions once a week by ZOOM, this course or the alternate Restoring is mandatory to receive a certificate.

Methodology :

The presentation is 15-20 min. This is a discussion group. Each participant will get a mentor.

Course Objectives:

The participant will be able to resolve social challenges and outline strategies and advocacy to successfully reintegrate and provide spiritual leadership in their communities.

1. TOPIC: Finding Purpose and a Mission (June 24)

- **Introductions** After class does introductions - facilitator personal introductions
- Introduce class and schedule / Expectations
- Guiding questions for discussion:
 1. **Think, pair, share:** What will it say on your gravestone?
- For next week:
 1. Watch: <https://www.youtube.com/watch?v=aEWUg1zeUsg&t=3s>
 2. Write 1 paragraph for presentation on your biggest obstacle to reentry.

2. TOPIC: How to Deal with Prejudice and Discrimination post-incarceration (July 1)

- **Check-in:** Any thoughts about class? Current events in your life? Present paragraph on biggest obstacle to reentry.
- **Presentation** (Chris): A person with a felony conviction is NOT a protected class according to law (you can and will be discriminated against)
Know your rights (employment, housing, public assistance, access to education)
Realize what rights you have forfeited (right or wrong, it is reality)
Different perceptions of different crimes.

- Guiding questions for discussion:
 1. Has your record ever prevented you access to housing, employment, or education?
 2. How did that make you feel?
 3. **Role Play** (breakout rooms with facilitators) - employment, housing, education. Speed dating style (rotating partners every 3 minutes, 3 rotations). A scenario will be provided to grad students/facilitators and they will role play the scenario where the student is discriminated against to see how the student reacts.
 4. Discuss the role play
- For next week
 1. Watch: <https://www.youtube.com/watch?v=WuWmKDMJoPg>
 2. Write 1 paragraph for presentation on any biases/prejudices you have.

3. TOPIC: Accountability and Responsibility (July 8)

Speaker John Donovan

- **Check-in**
- Discuss Videos
- Accountability tree
- For next week:
 1. Watch: <https://www.youtube.com/watch?v=8fLEE5MyVjU>
 2. Watch: <https://www.youtube.com/watch?v=mvb70mDDHwk>
 3. Be ready to discuss your thought on these videos

4. TOPIC: Diversity – the New Norm: How to Adapt to Yourself and Others (July 15)

- **Check in**
- Presentation: Language and respect - you are not a convict, you are not a felon, you are a person (a person with a felony conviction), but a PERSON
Self shaming. Blame “#1 way not to change”. Fault = self victimization
Person first language (a person with a disability, a person with disorder, etc.)
- Guiding questions for discussion
 1. “Describe yourself to me” “describe me to me” “describe this person to me”?
 2. How do you feel when you are the only person of your race in a group?
Your age? Your religion? When someone points out that you are “other”?

3. **Think, pair, share:** Present writing assignment from week 2 and discuss with partner.
- For next week:
 1. Read intro and chapter
<https://www.scribd.com/read/459236988/Dangerous-Love-Transforming-Fear-and-Conflict-at-Home-at-Work-and-in-the-World>
 2. Be ready to discuss your thoughts.

5. TOPIC: How to Resolve Conflict (July 22)

Speaker - Chad Ford

- Check-in
- Guest speaker (run discussion)
- For next week:

6. TOPIC: Self Compassion (July 29)

Speaker - Jack Craven - Conscious Leadership

- Check-in
- Guiding questions for discussion:
- For next week:

7. Topic: Radical Responsibility (Aug. 5)

Speaker - Jack Craven - Conscious Leadership

- Check-in
- Regaining trust and bonds
- Time and effort
- Prove it. How? First steps?
- Family (friends) might take more time than you.

8. Students Choice Open Discussion

