



**National Black and Female Leadership Conference**  
*Black Women's Leadership in Building Inclusive  
Movements for Social Justice*

**Thursday, June 21 - Sunday June 24, 2018**  
Forrest Hills Mountain Resort and Retreat Center - Dahlonega, GA

**PARTICIPANT AGENDA**

Conference Purpose:

1. Highlight Black women and girls’ leadership in creating and sustaining Be Present, Inc.’s diverse movement for social justice that is inclusive of all people.
2. Introduce you to the Be Present Empowerment Model® and three transformative leadership realms.
3. Share learnings in using the Be Present Empowerment Model® to effect change in ourselves, our families, schools, organizations and movements.
4. Provide opportunities to practice using the Be Present Empowerment Model®.
5. Highlight systems of support and how participants can continue to strengthen skills in the Be Present Empowerment Model® beyond the Conference.
6. Have fun!

**THURSDAY, JUNE 21**

3:00 PM - 6:00 PM

**REGISTRATION**

6:00 PM – 7:00 PM

**DINNER** – Have dinner with your small group members (information will be shared at registration)

**7:30 PM**

**MEET IN LARGE GROUP**

- The Medicine Wheel or “Wheel of Life” Four Directions
- Bringing in the Ancestors – Pouring of the Libations
- Why We’re Here – National Black & Female Leadership Conference
- Who We Are – Be Present Vision Statement
- Confidentiality Pledges and Guidelines for Participation



- Build Community Space

The community space supports us to set intention for creating a common place for our work together throughout the conference. This is an intentional space that we collectively create to hold our energy and to help us remember who we are when challenging moments emerge. It reminds us that we are creating new moments and actively building a community of trust. *Each participant brings a symbol that connects to personal values and inspires them to be a part of community.* This symbol can be anything--a physical object, photo, song, story or poem.

*Participants come up with their small group members to introduce themselves.* Each person says name; where you're from; how you identify – such as race, gender, class, ethnicity, sexual orientation, disability status, among others; preferred pronoun. Share also what your symbol is why you chose it, its significance, and how it connects to your life. Also share what you hope to experience for yourself as well as for the community during this conference. Then place the symbol on the common space.

- Forrest Hills Orientation
- Next Steps

**10:00 PM**

**CLOSING**

**FRIDAY, JUNE 22**

**7:30 AM – 8:00 AM**

**Contemplative Prayer** (a combination of sacred readings, chant and silence open to everyone) – offered by Wisdom & Money

**8:00 AM – 9:00 AM**

**BREAKFAST**

**9:30 AM**

**MEET IN LARGE GROUP**

- Our Story: Be Present, Inc.
- Be Present Empowerment Model®
- Learnings on using the Be Present Empowerment Model®
  - Leadership Realm: **Know Yourself Outside the Distress of Oppression**
    - Indicators: *Body, Mind, Feelings, Relationships, My Story*
  - Leadership Realm: **Listen to Others in a Conscious and Present State**
    - Indicators: *Ask Questions, Physical Connection, Wait, Your Story, Let the Talker Be the Guide, Stay with Yourself*
  - Leadership Realm: **Build Effective Relationships and Sustain True Alliances**
    - Indicators: *Trust, Diversity of Insights, Vision, Creativity, Mutual Responsibility and Accountability, Sustainability, Community, Well-Being*



- Information on Small Group
- Shabbat: Organizational History and Invitation to Participate

**12:15 PM**

**CLOSING**

**12:30 PM – 1:30 PM**

**LUNCH AND BREAK**

**2:00 PM – 4:00 PM**

**MEET IN YOUR SMALL GROUPS**

- Where each group will meet
- Purpose: The purpose of the small group is to experience using the Be Present Empowerment Model®.
- One person shares at a time. Allow each person to complete their sharing before moving to the next person. As each person speaks, notice where you are in relation to *Know Yourself Outside the Distress of Oppression* (self-knowledge) and *Listen to Others in a Conscious and Present State* (active listening process).
- Create collectively an expression (can be song, poem, dance, skit, art piece, etc.) that represents experience you have together as a group

**4:00 PM – 5:45 PM**

**BREAK**

**5:45 PM**

**Shabbat** (in the dining room)

**6:00 PM – 7:00 PM**

**DINNER**

**7:30 PM**

**MEET IN LARGE GROUP**

- Highlights from Small Groups
  - Share learnings from small groups
  - Share creative expressions

**10:00 PM**

**CLOSING**



**SATURDAY, JUNE 23**

**7:30 AM – 8:00 AM**

**Contemplative Prayer** (a combination of sacred readings, chant and silence open to everyone) – offered by Wisdom & Money

**8:00 AM – 9:00 AM**

**BREAKFAST**

**9:30 AM**

**MEET IN LARGE GROUP**

- Building Effective Relationships and Sustaining True Alliances for Social Justice
- Impact of Be Present Empowerment Model on:
  - Self
  - Families
  - Communities
  - Workplaces
  - Movements and Fields
- Ongoing Practice and Development: Systems of Support

**12:15 PM**

**CLOSING**

**12:30 PM – 1:30 PM**

**LUNCH AND BREAK**

**2:00 PM – 4:00 PM**

**MEET IN YOUR SMALL GROUP**

- Where each group will meet
- Purpose: The purpose of the small group is to continue practicing the use of the Be Present Empowerment Model©.
- Focus: Share any issues that have an impact on your ability to build effective relationships across differences. What support do you need?
- As each person speaks, notice where you are in relation to *Know Yourself Outside the Distress of Oppression* (self-knowledge) and *Listen to Others in a Conscious and Present State* (active listening process).

**4:00 PM – 6:00 PM**

**BREAK**

**6:00 PM – 7:00 PM**

**DINNER**

**7:30 PM**

**MEET IN LARGE GROUP**

- Highlights and Learnings from Small Groups

**8:00 PM**

**THEATER ON THE ISSUES**



**SUNDAY, JUNE 24**

**7:30 AM – 8:00 AM**      **Contemplative Prayer** (a combination of sacred readings, chant and silence open to everyone) – offered by Wisdom & Money

**8:00 AM – 9:00 AM**      **BREAKFAST**

**9:30 AM**      **MEET IN LARGE GROUP**

- Evaluation and Documentation
  - Sit with your small group members

**10:30 AM – 11:00 AM**      Highlights and Learnings

Making the Transition Home

Next Steps

- Regional Organizing Core Groups
- Be Present Peer Support Groups
- Board of Directors and committees

**11:45 AM**      **CLOSING**

**12:00 PM**      **LUNCH**

**Safe travels home!**



**KNOW yOURself**

**©Music by Andrew Allen / ©Lyrics by Jamorye Allen**

Never had to be nobody else. All I had to do is be myself. (Yeah)  
Learn yourself, know yourself. Pay attention be aware.  
Don't judge yourself, love yourself. It's actually better for your health.  
If you need assistance ask for help. I'm rich in spirit building wealth.  
Live for you and no one else. You have to learn how to play with the cards you were dealt.  
I'm passionate with the flow, it's heartfelt.  
We can all change the world if we work on ourselves.  
The only time for change is in the moment.  
Why do people still suffer from pain when they don't want it?  
But I'm not having it. Can't condone it. I look in the mirror for my opponent.  
I'm an advocate and a proponent of raising other people to power like exponents.  
What's a system without out all the components?  
A revolution and this is a warning. I thank God first thing in the morning.  
For giving me the strength to keep on performing.  
I shine bright even when it is storming and I'm stay present no matter what regardless.

Know yourself, Know yourself  
Learn yourself and love yourself  
Listen, listen up and pay attention. Right now, Right now, Right now, Right now  
Life's a gift, enjoy the present. Right now, Right now, Right now, Right now  
Meet new people, stay connected.  
Be yourself and don't mind being different.

I'm feeling so alive right now. Good energy, I hope you feel the vibe right now. I'm just getting by right now but I'm trying to do more than just survive right now. In order words, I'm trying to thrive right now. And I wish I had wings so I could fly right now. Put your hands in the sky right now. And give praise to the one most high right now. Listen, listen lend me your ears, fill your heart with love and forget about your fears.

The time is now and the place is here. Laugh and smile, replace the tears. Do what you love and make a career. Give back to the community and volunteer. Be yourself and stay sincere, even if it makes your different, it's okay to be weird.

You can't escape the present so enjoy each moment. Don't waste a second. Seek new people, and make connections. Live your live and learn your lessons. I'm counting blessings, I'm not stressing. I just receive the words and pass the message. I ask questions so I'm not guessing. Know yourself the first step in human progression.

Know yourself, Know yourself  
Learn yourself and love yourself  
Listen, listen up and pay attention. Right now, Right now, Right now, Right now  
Life's a gift, enjoy the present. Right now, Right now, Right now, Right now  
Meet new people, stay connected.  
Be yourself and don't mind being different.



**Empowerment**

**©Music by Andrew Allen / ©Lyrics by Jamorye Allen**

**Verse 1:**

Now let me break it down for you like a math teacher. I learned a lot this weekend from a staff of teachers. And yes, I was kind of bummed we couldn't have Tameka. But it was nice meeting Chrissy; I was glad to meet her. Knowing who I am is kind of like common sense and doing this work keeps me grounded like punishment. I had a couple good learnings that were prominent but seeing other people's movement was astonishing. After sleeping for so long I'm awake now and right in this moment I'm starting to miss Kate now. And every one of those labels across my face down I remove them one by one; it's time to break 'em down.

**STEP 1:**

And that was **Step One of the Be Present Empowerment Model®: Knowing Yourself Outside the Distress of Oppression**. In this step, one breaks down every label placed on them by society in order to uncover their true selves, gaining a more clear and direct knowledge of who they really are.

**Verse 2:**

Now that I know who I am and my vision's clear, I can now listen to somebody with a conscious ear. Before I left home, I knew why I was coming here and tomorrow I'm leaving with it. Hope I can keep it with me. And if I can't I got support and they gonna seek it with me. But it's up to me to stay afloat 'cause they're not sinking with me. And when I'm in my check in process they're not thinking with me. Cause if they're doing that, then they're not really listening, but what they are is really missing. Everything I'm saying while they're reminiscing. Race, Gender, Power, Class, what's your definition? If you want to change, you have to give yourself permission.

**STEP 2:**

And that was **Step Two: Listening in a Conscious and Present State**. In this step one practices listening to another person with a conscious ear. By doing so that person will allow the speaker to guide their self and uncover their own truth.

**Verse 3:**

Now that I got the first two on my waist and hip, I can go out and build effective relationships. I'm at the surface of the water with the waves and ships. I try to stay above but sometimes I be taking dips. But I come up for air before I lose consciousness and get swept away by the currents like I'm a fish. You need support I'm the one you should come and get and I'll take time out for just to come and sit. But you have to be willing with me to take a risk. And put yourself as number one when you make a list. I don't really know what anyone will make of this but if you feel empowered right now come on and make a FIST.

**STEP 3:**

And that was **Step 3: the third and final step of the Be Present Empowerment Model®**. Once you've mastered Steps One and Two, you will then be able to use them in your everyday life. **To build long lasting, strong, and effective relationships.**