**Business Leaders as Healers** 

Sweet Livity



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# Grounding







A time to bring our names into the space and share names of anyone lost to COVID or ancestors we wish to acknowledge here.

#### **Radical Self-Care**



CARING FOR MYSELF IS NOT SELF-INDULGENCE, IT IS SELF-PRESERVATION, AND THAT IS AN ACT OF POLITICAL WARFARE.

Andre Lorde

# **Speaking Up**

"I have a duty to speak the truth as I see it and share not just my triumphs, not just the things that felt good, but the pain, the intense, often unmitigated pain. It is important to share how I know survival is survival and not just a walk through the rain."

~Audre Lorde



# **Community Well-being**

"I don't want to die looking the other way." - Audre Lorde



## **Our Dream**



#### **Our Forbes Article on Restorative HR**

• Forbes Article:

https://www.forbes.com/sites/nelldebevois e/2020/06/12/the-second-respondershow-restorative-hr-makes-workplaces-

more-inclusive-and-

equitable/#6daaea474480

### Closing



What did you learn
(head)?
How are you feeling
(heart)?
What would you do
differently (hand)?
What are you taking
away (foot)?