

BRAVE WOMEN BAKE, CREATE & LEAD

ONLINE WORKSHOP 1: WELCOME TO HERSTORY

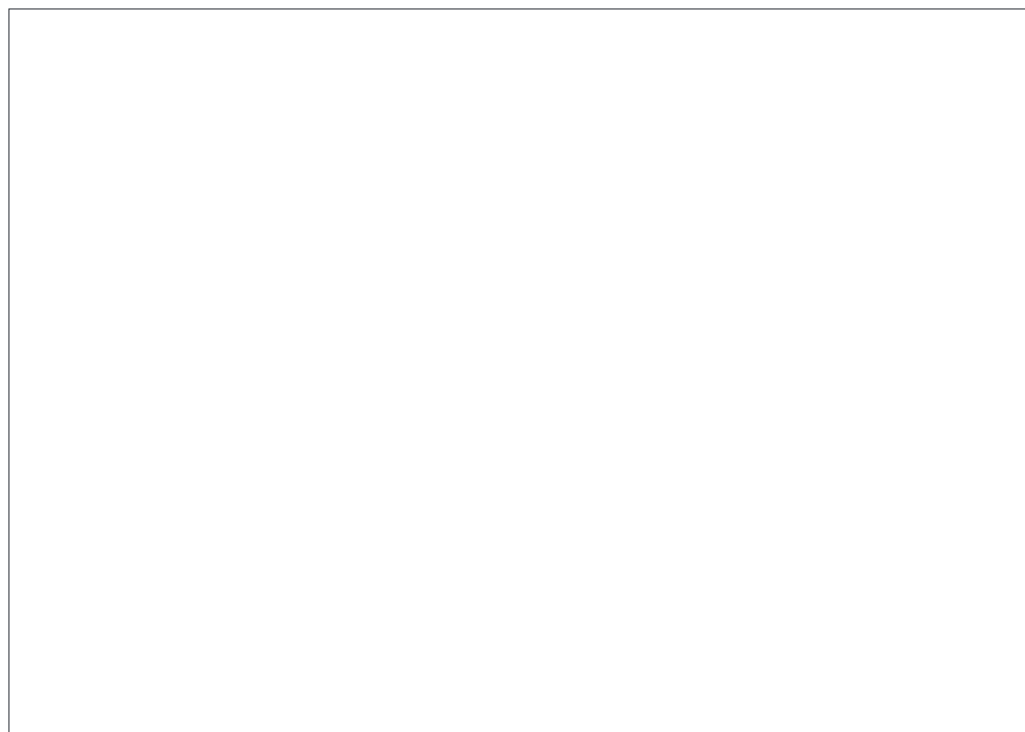
LEARNING & DEVELOPMENT OUTCOMES

1. Understand the Power of Story
2. Re-Author Your *History* into a *Herstory*
3. Create Community with Other Women

WHO IS THE WOMAN YOU HAVE BECOME?

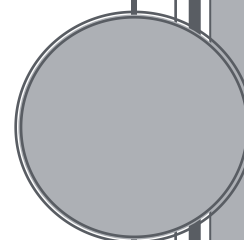
Select a writing prompt and record 5 adjectives or descriptors.

- How would your dearest friends describe you?
- Who is the woman you are aspiring to become?



*If one woman told the truth about her life,
the world would split open.*

-Muriel Rukeyser



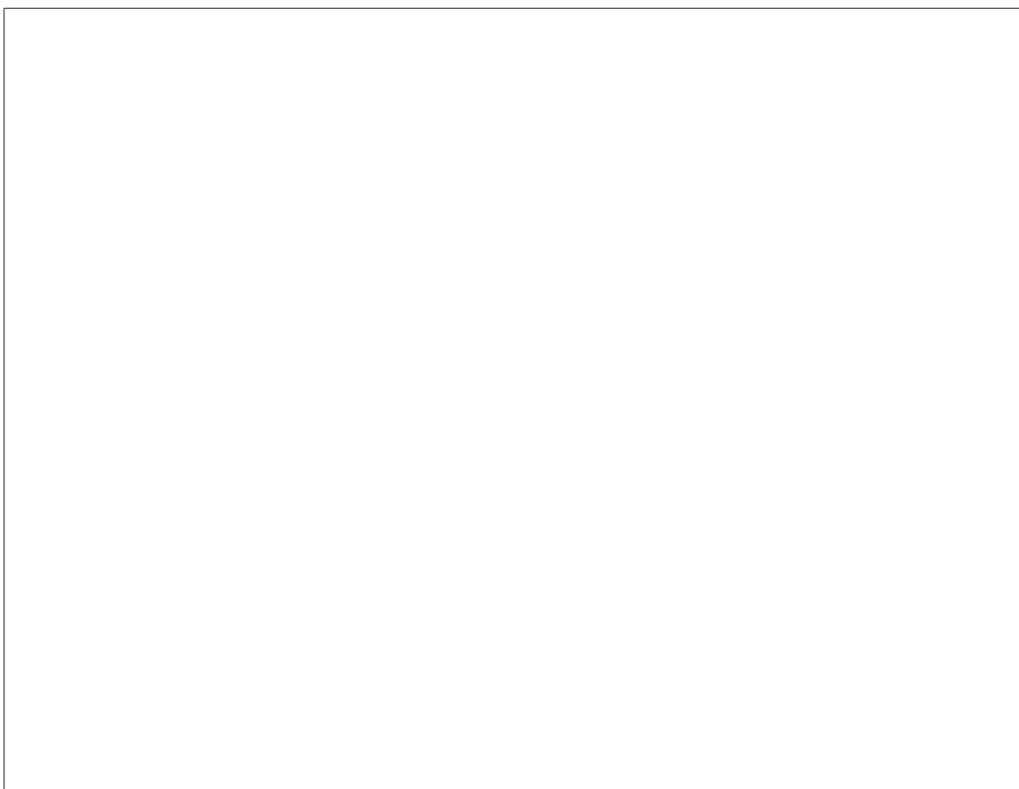
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HOW HAS YOUR LIFE BEEN A VICTORY?

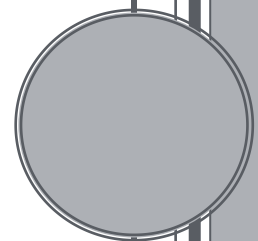
Select 2-3 prompts and write a few sentences for each.

- I was scared, but...
- I tried my best, and...
- In that moment, everything changed because...
- I was surprised to find out that...
- In my heart, I knew...



Seeing our lives as a victory is a revolutionary act that recognizes the power we already have.

-Alexis K-O



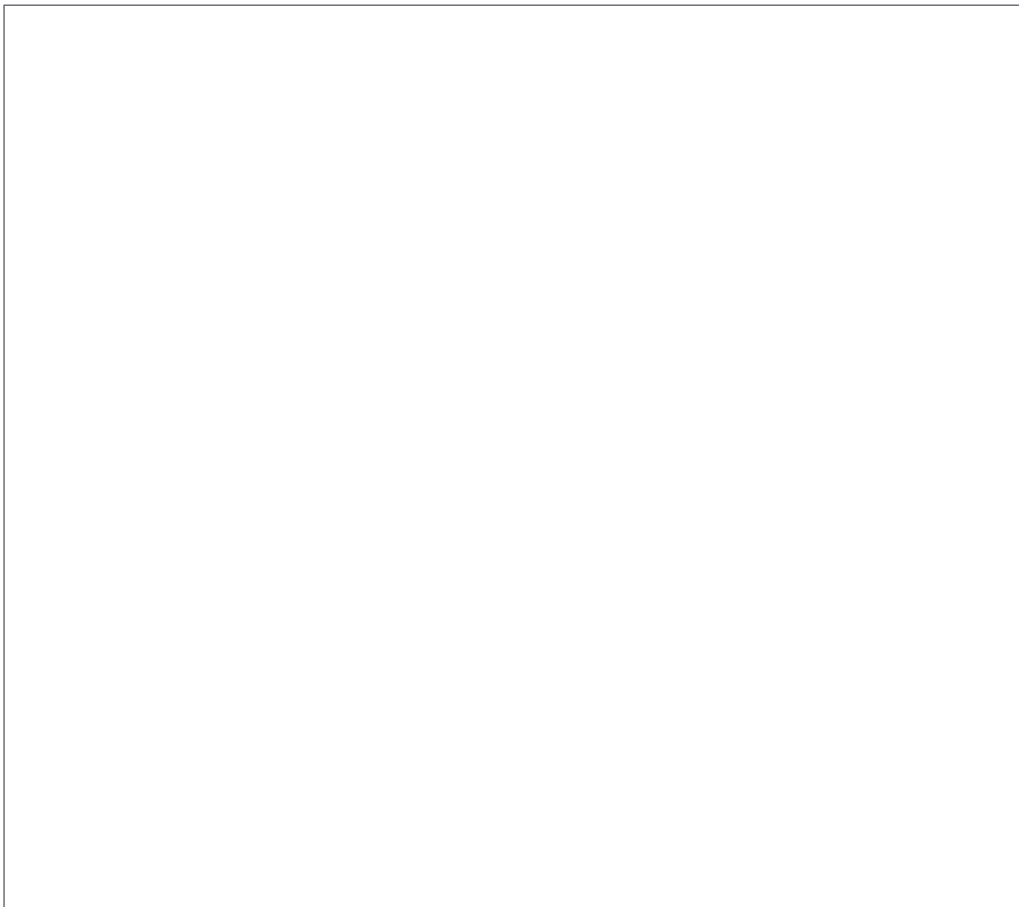
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WHAT IS THE THEME OF YOUR HERSTORY?

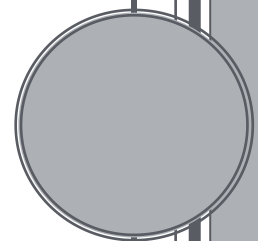
Re-read what you have written with curiosity and without judgment.

- What themes, meanings, and truths emerge?
- What could someone else learn from your herstory?
- What do you need to learn or re-learn from it?



Through language we can rewrite our stories, we can tell our stories with ourselves as the protagonists, and we can tell the truth.

-Tererai Trent



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SHARING YOUR HERSTORY

Speaking our story and bearing witness to another's is a sacred act.

- Use the template below or create your own method of sharing.
- Take turns speaking and listening for a minimum of 2 minutes each.
- At the end of each story, the listener completes the sentence,
"The Brave Woman I see in you..."

My name is _____ and I am here.

I am a woman who embodies _____, _____, _____,
_____, and _____.

The most pivotal moments in my life have taught me

_____.

This is my herstory.

I also needed to hear other women's stories in order to see and embrace my own. It's going deeper than typical ways of talking and sharing – going down to the place where souls meet and love comes, where separateness drops away and you know these women because you ARE these women.

-Sue Monk Kidd

