

# Cultural Humility Workshop

## Sample Outline

Together with Mirror Theatre, the offices of Human Rights and Equity, and Experiential Education have created programming that will facilitate growth in cultural humility, through techniques inspired by Augusto Boal's Forum Theatre. The goal of this workshop is to support students as they enter into experiential education settings in diverse communities, by examining power and privilege through embodied theatre techniques.

Through a customized approach, centering the learning outcomes of experiential education opportunities, Cultural Humility Workshop facilitators will work with faculty members to design a workshop that will use Forum Theatre techniques to explore what it means to be culturally humble.

Faculty members are encouraged to utilize the learning of this workshop as a precursor to community based experiential learning opportunities as a means of preparing students who will interact with or observe community members as a part of their in-class learning experience(s).

<b>Introduction</b>  Students and guests are welcomed to the workshop. Introductory remarks are shared about the nature of the space and of this learning being a “brave space” with a commitment to confidentiality and mutual respect through the learning process. A general overview of the workshop and theatre techniques being used are outlined and representatives from Mirror Theatre, The Offices of Human Rights and Equity, and Experiential Education are introduced.
<b>Introduction to Cultural Humility</b>  Using a series of slides and videos from Human Rights and Equity, students will explore what it means to be culturally humble, and the connections this mindset has towards actions that can dismantle systems of oppression. Students will be encouraged to carry this mindset with them and to explore their own assumptions through guided theatre work.
<b>Mirror Theater Video Share and Group Exercise 1</b>  Attendees watch a curated video highlighting the assumptions that people bring into their everyday behaviours and choices. Students are asked to verbally share ways in which they may be viewing a particular person or situation within the group
Mirror theater cast members ask for volunteers from the group to recreate scenes from the video in front of the rest of the group. Volunteers and the audience will be asked to reflect on their experience as an active participant in the second half of the workshop by a facilitator.
<b>Mirror Theater Video Share and Group Exercise 2</b>  Attendees review a series of short videos that go deeper into the assumptions people make regarding individuals and their lived experiences and circumstances. Attendees are split into smaller groups that are led by a discussion facilitator and cast member.
The group is asked to choose a scene from the previously observed videos, to recreate and workshop the scene together and present back to the larger group. Students will be encouraged by the cast member to change things like scene setting, persons present in the scene, or assumptions present

in the scene, and then brainstorm new possible outcomes as a result of these changes. Small breaks for reflection and discussion throughout scene development will occur to allow students to explore ways that the scene can be manipulated when new ideas, people or assumptions are introduced.

Students will select a final way to present their scene to the larger group.

**Group Scene Share**

Once all groups have finalized their scenes, each will take turns acting out their scene and reviewing reflections and observations with the group. When all groups have completed their scenes, the larger group will discuss final thoughts and learnings from the activities.