ABOUT OUR TRAININGS

One of the principle objectives of the Mary Lou Williams Center for Black Culture is to foster an environment of learning about Blackness, Black people, and Black culture. In an era where matters of justice, equity, identity, and anti-racism have taken center stage in the national discourse, our work in service of this objective has become all the more important. As such, we are proud to unveil a revamped suite of trainings, workshops, and discussions covering a range of topics, including: the nature of anti-Black racism, Black racial identity, race-based stress and battle fatigue, Black cultural wealth, and concepts of anti-racism.

TRAINING = ⏳ WORKSHOP = ▼ DISCUSSION = 🗣️
UNDERGRAD = ★ GRAD/PROF = ○ STAFF/FACULTY = ☐
We find ourselves at a unique moment in history, during a period of unprecedented international unrest over racial equity and anti-Black racism, and a national call to action to confront our legacy of White supremacy. In this training, part 1 of 2, we will explore the foundations of why and how we got here. Facilitators will: provide participants with key knowledge of concepts and terms related to power, race, privilege, justice, and equity; briefly explore the history of anti-Black social and political policies that have contributed to inequality; and help participants understand that our present moment is rooted far beyond our present time.

In part 2 of 2, we will begin exploring with participants the importance of moving from a framework of "not-racist" to one of "anti-racist", and challenge them to explore the next steps. Facilitators will: challenge participants to consider how anti-racist principles apply to them; use design-thinking principles to help participants consider how anti-racist systems could operate in personal & professional settings; and consider ways these systems could be disrupted.

For many people of color, the stress and trauma experienced when coping with racism, everything from workplace microaggressions to seeing yet another unjust, racialized killing, can produce symptoms close to posttraumatic stress disorder. In this training for staff, faculty, and students, we will explore the ideas of race-based stress and racial battle fatigue, help participants understand the impact of these constructs, and encourage the development of coping mechanism for people of color.
Blackness: Yours, Mine, and Ours – An Exploration of Black Racial Identity

In this training, Black-identified students will learn about the basics of identity development, consider how their ethnic-racial identity has developed, and be challenged to explore their own unique relationship with their Blackness. In a world where our country is experiencing unprecedented unrest due to the ongoing fight to assert the sanctity and value of Black life, this is an important process for Black students; especially those attending historically White-serving institutions.

Capitalizing on Your Cultural Wealth

The traditional concept of "cultural capital" posits that to succeed, we must be like those who are at the top of the hierarchy. In this workshop, students will explore 6 kinds of capital available to them already as a result of their Blackness, helping them to understand the strengths inherent in their ethno-racial and cultural identities.

Foundations of Equity: Facilitated Dialogues

This will be an opportunity for students to meet with the staff of the Mary Lou and have an honest dialogue about the content of the required anti-Black racism session. We imagine this space to be one where students can come to seek clarity, process content for greater understanding, and begin considering what the training means for the time at Duke. This is being offered with other Identity and Cultural Centers at Duke University.

So You Wanna Talk About Race?

Based on the book of the same name by author Ijeoma Oluo, this weekly discussion series will dissect key topics in the text, chapter by chapter, including microaggressions, language, White supremacy, being an ally, and intersectionality. Pre-reading the book is not required for participation in the discussions.