## Kenya Crawford

#### Workshop Agenda & Resources

# Is It Imposter Syndrome or Is It Racism?

#### **Prepared for**

Community Foundation of Tompkins County
Women's Fund



Prepared by Kenya Crawford, LLC KENYACRAWFORD.COM

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## Workshop Agenda

#### **Introductions/Openings**

- Land Acknowledgement
- Accessibility Check-In
- Introductions
- Scholar Acknowledgement
- Agenda Overview

#### **Opening Activity**

#### What is Imposter Syndrome?

#### The Prevalence of Racism

- Workplace Racial Trauma
- Intersections of Racism & Sexism
- White Supremacy in the Workplace

#### **Tips to Manage Imposter Syndrome**

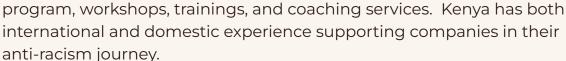
- Resources
- Therapy Resources
- Mental Health Resources

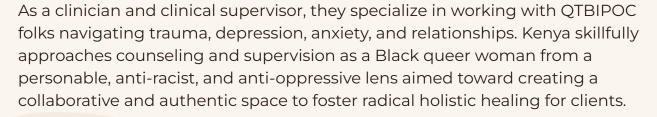
#### Wrap up & Questions

## **Kenya Crawford Bio**

Kenya Crawford (she/they/name), M.A., Ed.M, LMHC, is a licensed psychotherapist and racial equity consultant that creates healing and liberating spaces to dismantle oppressive systems. Kenya provides individual & relationship counseling, coaching, and anti-racism consultation to transform systems holistically. They approach this work from an intersectional, affirmative, inclusive, and anti-oppressive lens.

As a racial equity consultant, Kenya aims to dismantle harmful structures and patterns in the workplace holistically through their Anti-Racism





Kenya's work has been featured in Huffington Post, Essence, Mindbody Green, and Popsugar, to name a few.



## **Resources & Readings**

#### **Books**

#### Black Feminism

- So You Want To Talk About Racism: Ijeoma Oluo
- White Tears/Brown Scars: How White Feminism Betrays Women of Color: Ruby Hamad
- Post Traumatic Slave Syndrome: America's Legacy of Enduring Injury and Healing Joy Degruy
- Eloquent Rage: Brittany Cooper
- Black Feminist Thought: Patricia Hill Collins
- Hood Feminism: Notes From the Women That the Movement Forgot Mikki Kendall
- This Bridge Called My Back Cherrie Moraga & Gloria Anzaldua (WOC Feminism)

#### Racial Healing

- My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies Resmaa Menakem
- Radical Dharma: Talking Race, Love, and Liberation Rev. angel Kyodo Williams, Lama Rod Owens
- Love and Rage: The Path of Liberation through Anger Lama Rod Owens
- The Unapologetic Guide To Black Mental Health Rheeda Walker
- The Racial Healing Handbook: Anneliese A. Singh

\*Remember to support Black & POC Bookstores\*

Here's a list of a few:

**Uncle Boobies** 

Harriett's Bookshop

Cafe Con Libros

Sisters Uptown Bookstore

Zawadi Books

#### **Therapy Resources**

On The Mend www.onthemendhealing.com

Therapy for Black Girls www.therapyforblackgirls.com

Cultural Therapy www.culturaltherapy.health

Melanin and Mental Health www.melaninandmentalhealth.com

Psychology Today www.psychologytoday.com/us

Therapy Den www.therapyden.com

NQTTCN www.nqttcn.com

#### **GET IN CONTACT**

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