

Workshop and Training List

See below for a list of some workshops that I offer. The list is always growing and each workshop always looks different depending on the group and situation, therefore, some workshops do not necessarily have comprehensive outlines. I also create workshops specific to what is needed. Please feel free to contact me for further information.

www.ykhong.com
yk@freedomtrainers.org
 347.247.1147

RACE AND CULTURE

Internalized Racist Oppression (IRO)

Outline: This workshop will examine the daily struggle by people of color with Internalized Racist Oppression (IRO). Oppression is always at work and we have to work on it all the time to keep it from attacking us and building up. From the moment we come into this world, we are bombarded with the dynamics of the interlocking systems of oppression. Unless we are willing to really work on it all the time, we will keep absorbing it and will continue to be oppressed. This workshop is open to people of color only.

Internalized White Supremacy

Outline: This workshop talks about how White Supremacy functions in the everyday world and what role white people play in the dynamics of racism. We talk about how to interrupt racist situations when they happen and how to work actively to become an anti-racist ally for life. This workshop is for white people only.

Internalized Oppression & Self Care

Outline: This workshop will begin to address internalized oppression under ableism, sizeism, racism, classism, homophobia, non-bi gender/sex phobia, sexism, ageism and globalization. We are hardly ever given the opportunity to talk about how a lot of our destructive and negative ways come from oppression. By beginning to recognize internalized oppression within us, as well as understanding how to dismantle these oppressions, we hope to support each other in radical ways to find out what it really means to do revolutionary self care.

Oppression in Expression: Language in Activism

Outline: Sometimes even we as activists use words such as “Oriental”, “Lame”, “Kooky” or use idioms such as “I got jipped” or “Rule of thumb” without knowing how far back the history of these words carry hurt and harm. Much of our language has a history steeped deeply in bigotry, prejudice and oppression, but by learning the history of how we use language, we can find a way to liberate ourselves from using oppressive language, and find alternatives to free our speech.

Yellow vs Black: Inter-Race Tension

Outline: Where did the Asian and Black tension come from? Why were there such specific groups targeted after the Rodney King verdict in Los Angeles? We will discuss interethnic/interracial tension specifically between the Asian and Black communities, where it comes from, how it affects our communities and how we can work together to eliminate this tension. Open to people of color only.

CACA: Clearly Asian/African/Arab/All Cultural Appropriation

Outline: Why is it painful for some Asians to see Chinese tattoos on non-Asians? Why is it not respectful for white folks to have hair locks? This workshop will discuss why and how people of color's culture (feng shui, calligraphy, hair locks, hip hop, yoga) has been commercialized, stolen and mass marketed and how it is affecting tradition, culture and ways of life of people of color. Open to people of color and white people.

From the Ground Up: Anti-racism for Organizations

Outline: In this workshop we will discuss and examine ways to build a more liberated anti-Racist Organization. We will start from the ground up and discuss ways to build an organization from an anti-racist perspective. From accountability to programming, we will take a complete look at what makes an organization successful in its fight against racism.

QUEER/GENDER IDENTITY/SEXUALITY

Genderqueer/Trans/Gender Variant: Who we are

Being an Accountable Trans Ally

Queer Women of Color: Our Multiple Identities

Trans folks of Color: How we Navigate through the World

Intersex and the Queer Community

Organizing in the Queer Community: it's Much Bigger

AGEISM/ADULTISM/AGE

Youth Intimacy Dynamics: Discussing Sex, Sexuality and Teen Dating Violence

Knowing the Histories of Generations

Inter-Generational Building

Youth at the Forefront: Lessons for Adult Allies

CLASS/ECONOMICS

Taxes for Consultants

Queer Capitalism: Why Class and Queerness are linked

Bootstrap Myth: It Ain't in the Bootstraps, Honey.

Queering Class

HISTORIES

Queer Liberation History

Outline: As queers, we come from an often-invisible history of radical organizing. But in order to know where we're going, we need to know where we've been, and this means learning the lessons of our own history of struggle. From the early Emma Goldman to Rainbow Flags for Mumia, this training will offer participants a timeline of queer liberation in the U.S., stressing the important role of queers of color and trans and working class queers in these struggles. We will also discuss the movement's influences, strategies and how we can apply these lessons to our work today.

Knowing our Histories as People of Color

The History of Whiteness & Racism

Knowing our Radical Movement Histories

COMMUNITY ORGANIZING

Down and Dirty: Community Organizing Series

Outline: What are the issues affecting our communities? Who do we blame? Who's really to blame? This workshop will allow us, as activists and organizers, to identify the issues facing our communities, develop our analysis of the institutions and systems of oppression behind those problems, and strategize to confront them. We will offer some basic tools for understanding activism and organizing theory and strategize how we can apply it to action in our communities.

Campaign Building and Strategies

Strategies of Community Organizing and Lessons from the U.S. South

Crossing Lines: Panthers, SNCC and Daughters

Radical Notions: Breaking out of the Mold in our Movements

SKILLS BUILDING

Alliance & Coalition Building

Outline: Why do we need coalitions? What are the strengths and weaknesses of past and present coalitions that we can learn from and build on? This workshop will answer these questions and identify steps to building strong and effective coalitions for multi-issue organizing. Especially for individuals who are not necessarily affiliated with an organization, building alliances with other individuals and organizations is an essential strategy.

Real Popular Education Series

Outline: The impact of popular education in community organizing is crucial to understanding the history of our struggles. This workshop will discuss the practices and philosophy of popular education. We will also develop an understanding around methods and processes of popular education in relation to the interlocking systems of oppression.

TECHNICAL ASSISTANCE

Training for Trainers

Strategic Planning

Board Development

Organizational Assessment

Fundraising Trainings

Facilitation Skills: All Levels

ORGANIZATION DEVELOPMENT

Building and Maintaining a Board that Lasts

Organizational Culture

Advanced anti-racism for orgs

Lip Gloss: Glossing over Social Justice

Outline: This workshop is designed to take a critical look at barriers that organizations may experience during their fight to include issues like racism, classism, sexism, heterosexism, and ableism within their organizations. We will inspect these barriers and develop practical solutions that participants can take home. Providing a venue for sharing challenges and solutions is also a goal.

ART/CULTURE

Using Culture as a Weapon/Art as Activism

Outline: This workshop will be an interactive, creative workshop. It will explore various forms of activism as well as various forms of art (specifically writing/ poetry). We will discuss the pros and cons to political action including why certain racial groups may or may not participate in specific political dissent. The workshop will give participants an opportunity to artistically create a political/educational piece to share with the group and there will be discussion.

PERSONAL GROWTH & HEALING

Domestic Violence

Oppression in Relationships of all Kinds

Internalized Oppression and Abuse (substance, emotional, physical, verbal)

Self-Evaluation & Self Criticism

Outline: This workshop will help participants learn a process of understanding that often defensiveness comes from social constructions. This is an opportunity for us to unlearn our

instinct to not hear criticism or feedback. We will work on listening, learning and incorporating feedback as well as how to offer feedback of our own.

Annual Plan

Outline: As part of being conscious and intentional about our entire lives, this is a workshop to help make an annual plan, month by month, topic by topic. One that is realistic and helps personal, professional, political growth.

Intentional Deliberation

Outline: Being intentional and deliberate. We usually take these for granted and let our lives live themselves while we watch. This is a workshop to help us examine how each act and word we carry out can be towards the goal of helping our growth and building with community.

Internalized Oppression & Self Care

Outline: This workshop will begin to address internalized oppression under ableism, sizeism, racism, classism, homophobia, non-bi gender/sex phobia, sexism, ageism and globalization. We are hardly ever given the opportunity to talk about how a lot of our destructive and negative ways come from oppression. By beginning to recognize internalized oppression within us, as well as understanding how to dismantle these oppressions, we hope to support each other in radical ways to find out what it really means to do revolutionary self care.

SEXUAL LIBERATION

Poly People of Color

Making Your own Equipment

Power and Play: BDSM

Reaching Sexual Liberation

Making our Bodies our Own Again

GENERAL

The Matrix: Systems of Oppression

Outline: The Matrix is all around us. In the US and globally, White Supremacy, Capitalism, Patriarchy, Heterosexism, Transphobia, Ageism/Adultism and Ableism function together as an inter-connected matrix, based on the exploitation of some for the benefit of others. In his workshop, we will work from common definitions of these systems and develop a deeper understanding of how they play out in our lives and communities, how they work in unison as a whole and why we need to know about them.

Check a Few Boxes: Our Multiple Identities

How to Develop a Truly Multi-racial, Multi-issue, Inclusive Student Organization

Outline: In this interactive workshop/lecture we discuss the first steps/ do's and don'ts of group development. We also work with existing groups on how to re-vision their efforts to become more inclusive.

Internalized Oppression & Self Care

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Multi-issue Organizing

Outline: We will discuss the pros and cons of single and multi-issue organizing as well as explore multi-issue organizing as a vehicle to include all oppressed peoples in the fight for liberation. We will evaluate ways we can make creative connections between different peoples, strategies and work without recreating the wheel.

TRAINING SERIES

As part of being accountable, grassroots and based in our communities, Freedom Trainers does our best to make our workshops accessible to everyone. These series are broken down to different regions or locales.

The Freedom Trainers are mostly asked to train specific organizations, groups and individuals with custom-tailored curriculum. This is the best way to grow for your specific organization, particularly since we can cultivate a long-term relationship with you and help your transformation process along with attention to every detail. Many times, however, we understand, the financial resources are difficult to access for individuals and community members that do not have access to foundational sources or may not be affiliated with any group or organization.

To make our services as accessible as possible to the most people, we offer these Series. The Series are for organizations and individuals that cannot afford our specialized and custom-tailored trainings currently, but may want to in the future. These Series are not specifically catered to any one organization, but catered to a specific region. We work with our local organizers and trainers to determine a general strategy for a particular region.

Please keep in mind that organizations spend tens of thousands of dollars on organization development and training every year. We at Freedom Trainers are trying to give all organizations and individuals more access to these resources.

By no means is this training series intended as an isolated event, and by no means is it the case that all problems are solved at any single training. As always, being an organizer and activist requires a life-long process. Particularly in the case of working against anti-oppression through social justice work, the process is eternal. We hope this initial foundational series will serve as a solid framework to continue building. To us, this is a long-term process, which we hope to be involved in as long as possible. We are also hoping you will attend these and be interested in a longer-term process specific to your organization after learning the information from this series.

Revolutionary Movements: History and Visioning

(Length varies from 2 to 6 months, number of sessions anywhere from 4 to 10)

Sometimes our reality is that we enter into politics and grassroots organizing in reaction to events and incidents around us. We may not name these strategies as political organizing, but we find ourselves as oppressed peoples, struggling against a system and larger structure. This is our life and this is how we survive everyday.

Most people of color do not have the opportunity or privilege to learn the histories of struggle around the world, let alone about the connections our past has to our work that we do now. For white folks, there are few opportunities to respectfully learn the histories of people of color struggles around the world and in the U.S.

Freedom Trainers hopes to create a space where organizers and activists can come together to work within our communities to build this opportunity.

This series is not Activism 101. It is intended for people currently doing work in social justice and those who already have some practical and applied background of social justice. We hope to bring people together for a unique opportunity to network and build with others who are already engaged in working against oppression in their personal and/or political lives.

Organization Development

(Length varies from 1 to 2 months, number of session anywhere from 3 to 4)

A goal of this series is to connect with organizations in your region to share and strategize around your organizational growth and transformation.

Some topics may include:

Vision, Mission and Values

Organizational Structure

Organizational Culture

Programming and Goals

Long Range and Strategic Planning

Skills Building Series

Three to four times a year we hold Regional Skills Building workshops in different parts of the country, depending on the highest requests for trainings from that area. Anyone who works with or in communities in that particular region and surrounding areas is welcome, and even encouraged to attend.

MODULES

The “Combating Series” Modules are set up as a series of 3 workshops per module and are conducted in succession. Each Module is dedicated to concentrating on a specific oppression. However, each module links individual oppressions to a larger matrix of oppression and focuses on the importance of multi-issue organizing and liberation for all oppressed peoples.

Combating Capitalism

Combating Heterosexism/Gender Binaries

Combating Ageism

Combating Ableism

Combating Imperialism

Combating Body Norms

Combating Male Supremacy

Combating White supremacy