Early Relational Health Workgroup ‘Book Club’ Agenda
Wednesday, August 5, 2020 | 3:30pm ET | 2:30pm CT | 1:30pm MT | 12:30pm PT

Facilitator: Ira Hillman, Einhorn Family Charitable Trust

Background:
The best laws and diversity training have not gotten us anywhere near where we want to go. Therapist and trauma specialist Resmaa Menakem is working with old wisdom and very new science about our bodies and nervous systems, and all we condense into the word “race.” Krista sat down with him in Minneapolis, where they both live and work, before the pandemic lockdown began. In this heartbreaking moment, after the killing of George Floyd and the history it carries, Resmaa Menakem’s practices offer us the beginning to change at a cellular level.

Prep:
- Listen to the unedited version of the podcast episode.
- As you listen, reflect on how historic and current trauma impacts the following populations/areas:
  - Pregnant women
  - Newborn babies
  - Relationships between children and their caregivers & communities
  - Health disparities

Agenda:

1. [2-3 minutes] Introduction
2. [2 minutes per participant] Ask each participant to introduce themselves (name and foundation) and then share their What, a So What, and—if relevant—a Now What, based on the following questions:
   A. What:
      - As you listened to the podcast, what specific pieces of the interview resonated with you?
   B. So What:
      - What about those pieces resonated for you?
      - What is the takeaway?
      - What is the question that it raises for you, your foundation, your grantees, and/or the field?
      - Did it challenge or reinforce beliefs/priorities you already have?
      - Did it give you a new belief/priority?
   C. Now What:
      - Based on the So What(s), what action, if any, do you want to take?
      - Have you made a decision based on this?
      - Will you look to do more research to help you make a decision? Or is there no further action for you?
      - And, beyond your own Now What, might there be a Now What for ECFC?
3. [5 minutes] Summary of what was shared, noting any key areas of overlap and/or differing opinions.
4. [10-15 minutes] Facilitated discussion based on summary
5. [Last 10 minutes] “Now What” for ECFC

For more information, contact Sweta.Alberta@ecfunders.org