

The Art of Connection and Relationship: Partnering with Youth for their Success



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Seattle, Washington
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Land Acknowledgement

Today, we acknowledge and hold that we are engaging in the activity of learning and growing on Duwamish land. Occupied ancestral land that was not and has not been ceded by Indigenous caretakers and stewards of the land. We have and continue to benefit from the fruits of their labor. We honor the Ancestors and Elders of the land and verbally acknowledge that while colonization and genocide have taken a significant toll emotionally, physically, spiritually, mentally, and economically, the terrorism of neither colonization nor genocide have been completed.

We now take a moment to individually acknowledge and hold this.



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Attention In & Out Objects

At each place there is a bag containing a variety of objects to aid in focus & release. The bag and its contents are yours to keep. There are also note/doodle pages in the back of your participant folder.



Today We Will...

Thank you for being here today. I am looking forward to exploring, learning, stretching, & growing with you today.

- ❖ Meet each other
- ❖ Briefly explore the ideas of connection & relationship
- ❖ Practice connecting & listening



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Goals for Our Time

I hope that you will:

- ❖ Deepen your understanding or connection and relationship
- ❖ Think about how you connect with self and the youth and young people with and for whom you work
- ❖ See the value and importance of intentional, authentic connection and relationship in partnering with youth and young people



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Agreements

respect R risk

open O ouch/oops

participate/pass P perspective

escuchar E experience

sensitive S safe



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Justice During Our Workshop

Interrupting Language Oppression

Interrupting Audism



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Please Note:

We **WILL NOT** have the time to thoroughly explore this topic today. Today we will only skim the surface, get it started.



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Let's Connect

If You Really Knew Me...

- Find a partner
- Stand across from each other
- Take turns responding to the prompt (in 45 seconds)

Reflection

- What was that experience like for you?
- What, if anything, did you discover or remember about yourself?
- What, if any, implications could the experience of this activity have on how you work with youth and young people?
- Intros: Name, Organization



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Who is Lakesha?

I am:

- ❖ An advocate for healing, renewing, and transformation
- ❖ A mom, daughter, aunt, educator
- ❖ A baker, kind-of knitter, bibliophile, writer

I believe:

- ❖ That we are living out the legacies of historical violence and traumas that impact all our lived experiences
- ❖ In the power of story
- ❖ In the power of connection



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What is Connection?

Process by which we become linked to self and others.

Can be meaningful. Can be brief or long exchanges.

Happen multiple times a day.

A tool for interrupting and disrupting systems of oppression



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Why is Connection Important?

- Foundational component of relationship
- Can affirm/reaffirm value and worth
- Builds trust
- Allows you to learn your youth/young person's behavior language and to acknowledge & redirect undesired behaviors
- Aids in the interruption of oppression



Ways of Connecting

- A smile
- A kind word
- Listening to understand, not to fix or find fault
- Play a game
- Engage in a shared activity with or without verbal communication—coloring, building/creating



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Tips for Connecting

- Be genuine
- Be consistent
- Be open
- Share voice space
- Keep coming back
- Listen & Share
- Ask open-ended questions
- Remember
- Center the scholar



Activity:

Investigate * Interrogate * Challenge

In the back of your folder there is a sheet titled, “Investigate * Interrogate * Challenge”.

Over the next couple of minutes, think about what you might need to explore, formally question, and call out (name) in order to allow for deeper connection and partnership with your scholar(s)

Reflection:

Pair and share how can your awareness of this help you when working with and for youth and young people?



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About Relationship

Relationship is the multiple points of intentional connection that happen over a span of time. Relationships must be nurtured.

Having healthy relationship with self and the young people with and whom we work is critical. Allows us to aid in their personal and academic growth



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Partnering with Youth Requires Ability & Willingness to...

Hold that youth & young people have valuable insight

See & Listen

Have an
asset/strength-based
frame of mind

Hold accountable &
responsible

Connect to self

Engage in power
with versus over as
often as possible



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Listening Activity

What you need:

- ❖ A speaker
- ❖ A listener
- ❖ A timer

Guidelines:

- ❖ Equal time
- ❖ No interrupting
- ❖ Confidential
- ❖ No criticism
- ❖ Speaker speaks in heart language

Why?:

- ❖ Safe release
- ❖ Safe space to explore & create alternate/new meaning; to process
- ❖ Create space for healing to begin & flourish



Prompt

A time when a point of connection helped me feel seen/heard was _____.
This was meaningful because _____.



Remember:

- ❖ Honor silence
- ❖ Listener is 100% attentive
- ❖ Honor confidentiality
- ❖ No referring back
- ❖ No interrupting
- ❖ No criticism

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Let's Reflect

Try it On

- After our time together today, what is something you might be willing to try on?
- Use the sheet in the back of your packet to answer questions about what you might try on
- Offer to share out something you might try on will be extended



Thank you & Survey

Thank you so much for your time, energy, and participation. Please take a couple of minutes to let the Committee know your thoughts on this workshop.



Please feel free to contact me:
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You can find additional contact information at the end of the booklet

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