

I AM FROM POEM

REFLECTION EXERCISE AND TEAM CONNECTION ACTIVITY

This activity is intended to build community and connection. As a team we will share written narratives that represent our identities, cultures, origin stories, places and people of whom we're from. During this activity we encourage you to go deep into personal reflection and be as vulnerable as you feel comfortable.



Reflect on the following questions: *Who am I?, Who am I from?, Where am I from?*

Write your narrative in first person, leading with, “I am...” and “I am from...” throughout the narrative. Bring your narrative with you to team time

As you complete your narrative, consider:

- Your values.
- Childhood memories and cultural practices, norms, familial quotes.
- People, ancestors who have impacted your life.
- Your faith, spirituality, or other practices that keep you grounded.
- Your purpose, interests, gifts.
- Things you enjoy doing, that bring you joy.
- Places that hold special and joyful feelings and memories

This activity is adapted from George Ella Lyon’s, “I am from...” poem.

During our time together we will share our narratives in small groups and then reflect on the experience as a large group with the following questions:

- What was it like to experience this exercise?
- How might understanding the history and perspectives of others support your work in centering equity?
- What are you bringing forward from this exercise into your role, team, workplace, communities of impact?

Thank you for your engagement and investment in yourself and our team. Please reach out to your people leader if you have any questions.