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Who is Changing Spaces LLC?

Changing Spaces LLC is your source for justice-oriented learning and leadership training, education, consulting, programs, mentorship, and coaching. We are committed to changing individual, community, organizational, and corporate spaces to reflect not just commitments to diversity, equity, and inclusion but establishment and action towards liberation and justice.

Changing Spaces LLC uses theoretical models and conceptual frameworks based in justice and equity to provide education and development in a variety of content areas including leadership, justice & equity, student development, personal and professional development, and educational strategy. Our tried and true system is based on over 45 years cumulative experience shared between our trainers and educators.

Our vision:

Changing Spaces LLC shall have a positive cultural and educational effect upon peoples, particularly individuals, groups, organizations, and/or social systems interested in or seeking justice, equity, diversity, and inclusion focused learning and development. We shall endeavour to support leadership, professional development, personal development, and critical self-reflection using justice and equity based frameworks and theories. We acknowledge that individuals cannot unlearn, so we work to assist in the reframing and amplification of new learnings.

Some of our offerings:

- Trauma and Resilience in Educational Settings
- Avoiding Burnout & Building a Resilient Professional Career
- Transformational Learning and Leadership
- Meditation and Practices in Self-Compassion
- From Nonracist to Anti-racist
- Building a JEDIB-centered Curriculum
- Rest as Radical Self-care
- The Exhaustion of Racism
- A Movement Towards Justice
- One-on-One Leadership Coaching
- Safe Zone Training
- And more...

Our Model:

Using the power of narrative, we amplify the stories of subordinated, marginalized, and oppressed individuals, communities, and histories through an intersectional lens to work towards liberation and justice.

Justice, Equity, Diversity, Inclusion & Belonging (JEDIB): As our name suggests, we believe that there are boundless possibilities in learning about oneself, others, and positionality in the spaces we inhabit and navigate. We provide workshops, trainings, facilitations, and tailored courses on foundational to advance concepts and theoretical model. Using Cultural Humility, The Cycles of Socialization and Liberation, and Relational Cultural Theory as core we advance deeper learning around power and privilege, identity development, anti-racism, critical self-reflection, change management, ethics, cultural appreciation, curriculum development, and social systems.

Leadership through Justice: We firmly believe that it is not enough to secure your seat when the table is broken. We work with you to encourage and activate the personal and professional development of individuals using relational, trauma-informed, authentic, inclusive, and strengths-based leadership approaches.

Resilience and Trauma: We firmly believe that you cannot drink from a glass, half-empty or otherwise, if the water is poisoned. We offer meditation workshops and seminars, with the goal of recentering and conscious building as we navigate the spaces around us. Recognizing the traumas associated with carrying subordinated/marginalized identities, we focus particularly on compassionate healing practices that create spaces to breathe and refocus together.

Coaching: We offer one-on-one coaching sessions for personal and professional development, using JEDIB-oriented coaching models. We assist in building cultural and social capital, navigation of office politics, skill building around conflict management, networking, leadership, and personal and/or organizational development.

Consulting: We believe it essential to work with organizations and companies through an asset-based approach, recentering the voices and work of individuals often left out of the conversation and utilizing appreciative inquiry to guide institutional reflection and change.

Service	Description
Transformational Learning and Leadership	<p>This online experience will focus on mentorship of new (up to 2 years) teachers and building core knowledge around transformational leadership practices for direct implementation into the classroom and social spaces.</p> <p>Capacity: Up to 10 teachers</p>
Building a JEDIB-centered Curriculum	<p>This workshop will discuss established and new inclusive pedagogies and how to integrate them into curriculum plans. Teachers will come with a syllabus to review and practice on. We will discuss terminology and how to mitigate co-opting of social movements through your practices and incorporation of cultural appreciation.</p> <p>Capacity: Up to 10 teachers/administrators</p>
A Movement Towards Justice	<p>A conversation with student leaders about advocating for self and others and establishment of change-oriented actions that move from basic concepts of DEI to social justice. This is a mentorship cohort opportunity with intentionality of cohort community building.</p> <p>Capacity: Up to 6 students</p>
Trauma and Resilience in Educational Settings	<p>This online experience will provide healing practices and wellness-focused tools for teachers and administrators, in consideration of improving self-practices of self-care. This is particularly helpful in response to current realities of safety and stress within educational settings.</p> <p>Capacity: Up to 10 teachers/administrators</p>
Rest as Radical Self-care	<p>A frank discussion about the realities of taking care and well-being, how to go deeper towards radical self-care, and why- in a period of burnout, fatigue, and social injustice- this is especially important.</p> <p>Capacity: Up to 10 teachers/administrators</p>
Avoiding Burnout & Building a Resilient Professional Career	<p>This interactive online or in-person training will focus on navigating and building adaptable practices to harness personal wellness while navigating professional goals vs personal needs.</p> <p>Capacity: Up to 10 teachers/administrators</p>
From Nonracist to Anti-racist	<p>This online or in-person workshop series will focus on best practices and current literature in advancing anti-racist principles and actions both personally and community-wide.</p> <p>Capacity: Up to 10 teachers/administrators</p>
The Exhaustion of Racism	<p>This online or in-person workshop will integrate how racism erodes Black health and offer realistic discussions of harmful daily realities faced by a population holding many intersecting identities and experiences. This session will provide space for raw but necessary examinations of how systematic racism is impacting Black American and what you, in your role/positionality, can do about it. Audience: Can be tailored to Students, Students & Families, or Administrators and Teachers</p> <p>Capacity: Up to 10 teachers/administrators/students & family members</p>

Service	Description
The Ins and Outs of Prepping for Your College Journey	<p>This interactive online or in-person training will provide guides for students and parents/guardians to build strong high school curriculums (academic and co-curricular) in preparation for college and university applications.</p> <p>Capacity: Up to 10 students & family members</p>
Meditation and Practices in Self-Compassion	<p>This interactive online workshop offers teachers and administrators holistic wellness and developing sustainable methods for educator well-being.</p> <p>Capacity: Up to 10 teachers/administrators</p>
One-on-one Leadership Coaching	<p>Individual coaching for staff/administrators to assist in development of your personal and professional needs. Will include leadership theoretical modeling (authentic, inclusive, strengths-based, relational, etc) and personal assessment.</p> <p>Capacity: Up to 10 teachers/administrators</p>
One-on-one Leadership Coaching	<p>Individual coaching for student leaders to assist in development of your personal and professional needs. Will include leadership theoretical modeling (authentic, inclusive, strengths-based, relational, etc) and personal assessment.</p> <p>Capacity: Up to 10 students</p>