

EMOTIONAL EMANCIPATION CIRCLESSM



EMOTIONAL EMANCIPATION CIRCLE SM (EEC) VIRTUAL TRAINING OF FACILITATORS

Training Dates and Times

Friday, October 22, 8:00pm-9:30 pm, Eastern (1.5 hours)

Saturday, October 23, 1:00pm -8:00 pm, Eastern (7 hours)

Sunday, October 24, 1:00pm -7:30 pm, Eastern (6.5 hours)

Sunday, November 14, 5:00pm-7:00pm, Eastern (2 hours)

Total hours: 17 plus pre- and follow-up work online

Emotional Emancipation Circles

Emotional Emancipation Circles are trustworthy spaces in which we, Black people, are working together to free ourselves from the lie of White superiority and Black inferiority—the most powerful weapon ever formed against us, the root cause of the devaluing of Black lives, and the source of the distinct challenges we face as a people

Emotional Emancipation Circle Facilitators

EEC Facilitators are charged with the responsibility for creating healing spaces and facilitating healing conversations in which we, Black people:

1. Share our stories and feelings, always respecting the humanity and dignity of all Circle members;
2. Focus on and deepen our understanding of the lie as *the* root cause of the distinct challenges we face in our emotional lives, our relationships, and the state of Black communities;

3. Focus on freeing our minds and spirits from the lie, healing from its historical and continuing legacies, and repairing the emotional damage it has caused;
4. Tell ourselves the true and empowering story about who we are as people of African ancestry;
5. Revitalize ourselves and our relationships with each other;
6. Learn and practice essential emotional wellness skills to help us be at our very best—as individuals and as a people; and
7. Develop and implement Personal Emotional Emancipation Proclamations-- our own “escape plans” to free ourselves from the lie--once and for all.

Prerequisites

Becoming an EEC Facilitator is a serious undertaking. Our new approach to training is designed to emphasize that seriousness by establishing the following prerequisites.

Potential EEC Facilitators must:

1. **Have participated** in at least one full cycle online or in person of one EEC (7 keys) within the past 24 months;
- 2) [Submit a brief Statement of Interest](#) describing their previous EEC experience, and articulating their reasons for wanting to be a Facilitator; and
- 3) **Commit to A, B, and C below:**

A Doing the required EEC Facilitator Training preparatory work:

1. Watch *We Are Escaping: The Emotional Emancipation Revolution* video
2. Review Introduction to the EEC Experience Basic Template
3. Complete Orienting Questions
4. Join the EEC Facilitator Training community online, introduce yourself to the other participants by answering the pre-Training session questions

The above will be sent out after the Statement of Interest has been received and participants have been confirmed.

B. Being an active participant in the online EEC Facilitator Community--abiding by the EEC Support Group Guidelines designed to protect the integrity of the EEC process, attending periodic EEC Facilitator Booster sessions, and otherwise being part of the online EEC Facilitator Community; and

C. Serving as an EEC Facilitator at least once a year after training, and/or otherwise engaging in the work of building the global grassroots movement for emotional emancipation through CHN's other initiatives.

Fees: Sliding Scale*

Below are the sliding scale fees for this pilot. Please note that we are open to negotiating a flat fee for a minimum number of people for one or more groups of organizations

1. **For people employed by for-profit corporations** supporting their training: \$1000 per person or more, if the organization is able
2. **For people employed by nonprofits** supporting their training: \$300-1000 per person, based on organizational budget as follows:
 - a. **\$750,000 and below:** \$300 per person or more, if the organization is able
 - b. **Between \$750,000 and \$2,000,000:** \$500.00 per person or more, if the organization is able
 - c. **\$2,000,000 and above:** \$1,000 per person or more, if the organization is able
3. **For individuals sponsored by family, friends, colleagues, and allies:** \$300-\$1000 or more, if the sponsor is able
4. **For unsponsored individuals:** \$100-\$500 or more, if they are able
5. **For individuals who cannot afford the training and are not sponsored by any source.** We ask for a small contribution of whatever they can afford, with the rest of the fee to come from CHN's **Esusu Spirit Fund**, for which we will be soliciting additional contributions from individuals and organizations to support EEC trainings for people who cannot afford the full training fee.

The Esusu is a credit institution of the Yoruba of Nigeria. It is a fund created by a group of individuals who make fixed contributions of money at designated times with the total amount contributed by the entire group to be paid out to each of the Esusu members in rotation. This African practice can also be found among people of the Diaspora under different names including Sou Sou, in the Caribbean, Trinidad and Tobago, and Panama.

Although inspired by the Esusu, **CHN's Esusu Spirit Fund** is not a formal Esusu.