

Beneath the Iceberg:

What We Have Learned from our Breakdowns and Breakthroughs

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Session Description:

Our personal stories hold power in the way that we see ourselves and how others perceive us. Claiming our own narratives, social identities, and experiences shapes our relationships with our students, our audiences, our instruments, our art. Being vulnerable is one of the bravest things we can do. To allow ourselves to be seen wholly, including our flaws, requires deep courage. The process of becoming ourselves is a lifelong journey and quest. We don't claim to have all the answers (the questions are way more important anyhow!). But one of our guiding principles is the importance of vulnerability and embracing the messy process of discovering our true selves. As Brené Brown so aptly puts it, "You can't get to courage without rumbling with vulnerability. Embrace the suck."

- I. Introduction: Owing our stories
 - A. What is vulnerability?
 - B. Embracing our imperfections
 - C. Overcoming fear: Trust the "rock"
 - D. Fighting the myth of perfectionism
 - E. Relinquishing control and letting go
 - F. Honoring the process: Being with the "mush"
 - G. Self-compassion and mindfulness
 - H. Cultivating joy and gratitude
 - I. Connection and community
 - J. Claiming our core values and claiming our space

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