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MEDITATION LIFE COACHING MINDFUL LEADERSHIP

## Racial Affinity Group Development Program – Cohort 1

### Year At A Glance

Month	Meetings	Governance
<b>Kick-Off</b> <b>September 5, 2020</b> <b>11-1:30 ET</b>	RA Community receives framework and guidelines for the year-long program  RA Groups receive Racial Inquiry and Group <i>Inclusion</i> Inquiry for Months 1,2,3	Zoom session with Ruth King
<b>Months</b> <b>1, 2, 3</b>	RA Groups practice with monthly instructions	Peer-led RA Group
<b>November 7, 2020</b> <b>11-12:00 ET</b>	Coaching & Check-In with Coordinators Optional	Zoom session with Ruth King
<b>Month</b> <b>4</b> <b>January 9, 2021</b> <b>11-1:30 ET</b>	RA Community joins for support and sharing  RA Groups receive Racial Inquiry and Group <i>Control/Conflict</i> Inquiry for Months 5,6,7	Zoom session with Ruth King
<b>Months</b> <b>5, 6, 7</b>	RA Groups practice with monthly instructions	Peer led RA Group
<b>March 13, 2021</b> <b>11-12:00 ET</b>	Coaching & Check-In with Coordinators Optional	Zoom session with Ruth King
<b>Month</b> <b>8</b> <b>May 8, 2021</b> <b>11-1:30 ET</b>	RA Community joins for support and sharing  RA Groups receive Racial Inquiry and Group <i>Belonging</i> Inquiry for Months 9,10,11	Zoom session with Ruth King
<b>Months</b> <b>9, 10, 11</b>	RA Groups practice with monthly instructions	Peer led RA Group
<b>Month</b> <b>12</b> <b>September 4, 2021</b> <b>11-1:30 ET</b>	RA Community joins for support, sharing, and next steps	Zoom session with Ruth King