



# *Angelique Guides*

"INFRASTRUCTURES FOR CONSCIOUS LEADERS & COLLECTIVE HEALING"



# Coach & Consultant

One on one

Trainings:

Groups

Organizations

Businesses

# Infrastructures: Underlying Framework.

- ❖ Healing of internalized oppression and external manifestations
- ❖ Self-Care: Soul, Mind & Body
- ❖ LifeCycle Awareness & Support
- ❖ Work in the World: Vision, Mission, Ethics, Alignment  
& Sustainability

# Conscious Leaders: Aware of & Able to Understand What is Happening Around & In Themselves.

- ❖ Awake Individuals Who Hold the Light & Shadow
- ❖ Sacred Space Holders for Healing & In-Powerment
- ❖ Ownership of Identity & A Commitment to Restoration
- ❖ Thorough Understanding of the Structures of Oppression

# Collective Healing: Shared Commitment to the Restoration & Well-Being of the Collective Community

- ❖ Community Well-Being by working through a Social Justice lens
- ❖ Acti-Visioning
- ❖ Ethno-Activism
- ❖ Earth and Ancestral Medicine & Healing



**“We can't solve problems by using the same kind of thinking we used when we created them.”  
Albert Einstein**







## **Oppression-**

prolonged cruel or unjust treatment or control.

A system of structured in-equality where the goods, services, rewards, privileges and benefits of the society are available to individuals according to their presumed membership in social identity groups. The system of in-equality or in-equal allocation of resource is supported and reinforced by the power structure (money, military, police, etc.) of the society.

*Barbara J. Love*

Any start or situation where an individual or group objectifies and exploits another, by making decisions for the other, prescribing another's consciousness and perception and hindering the pursuit of self affirmation as the responsible person.... such a situation in itself constitutes violence, even when sweetened by false generosity, because it interferes with man's (and woman's) ontological and historical vocation to be more fully human.

*Paul Friere, Pedagogy of the Oppressed*



## **Privilege -**

a special right, advantage, or immunity granted or available only to a particular person or group of people.

Choices, entitlements, advantages, benefits, assumptions and expectations granted based on membership in the dominant culture. Includes the privileges granted by the society, as well as the assumptions and expectations internalized by the group. (privilege is usually determined at birth).

*Cultural Bridges to Justice*



## **Ally-**

Combine or unite a resource with another for mutual benefit.

## **Internalized Oppression-**

The process by which a member of an oppressed group comes to accept and live out the inaccurate myths and stereotypes applied to the group.

## Intersectionality

The interconnected nature of social categorizations such as race, class, and gender as they apply to a given individual or group, regarded as creating overlapping and interdependent systems of discrimination or disadvantage.



# Intersecting Axes of Privilege, Domination, and Opression

*Adapted from Kathryn Pauly Morgan, "Describing the Emperor's New Clothes: Three Myths of Educational (In)Equality." The Gender Question in Education: Theory, Pedagogy & Politics, Ann Diller et al., Boulder, CO: Westview, 1996.*



# The Dynamic of Oppression

Personal Pre-judgement (based on misinformation)  
based on race, sex, education, religion etc.

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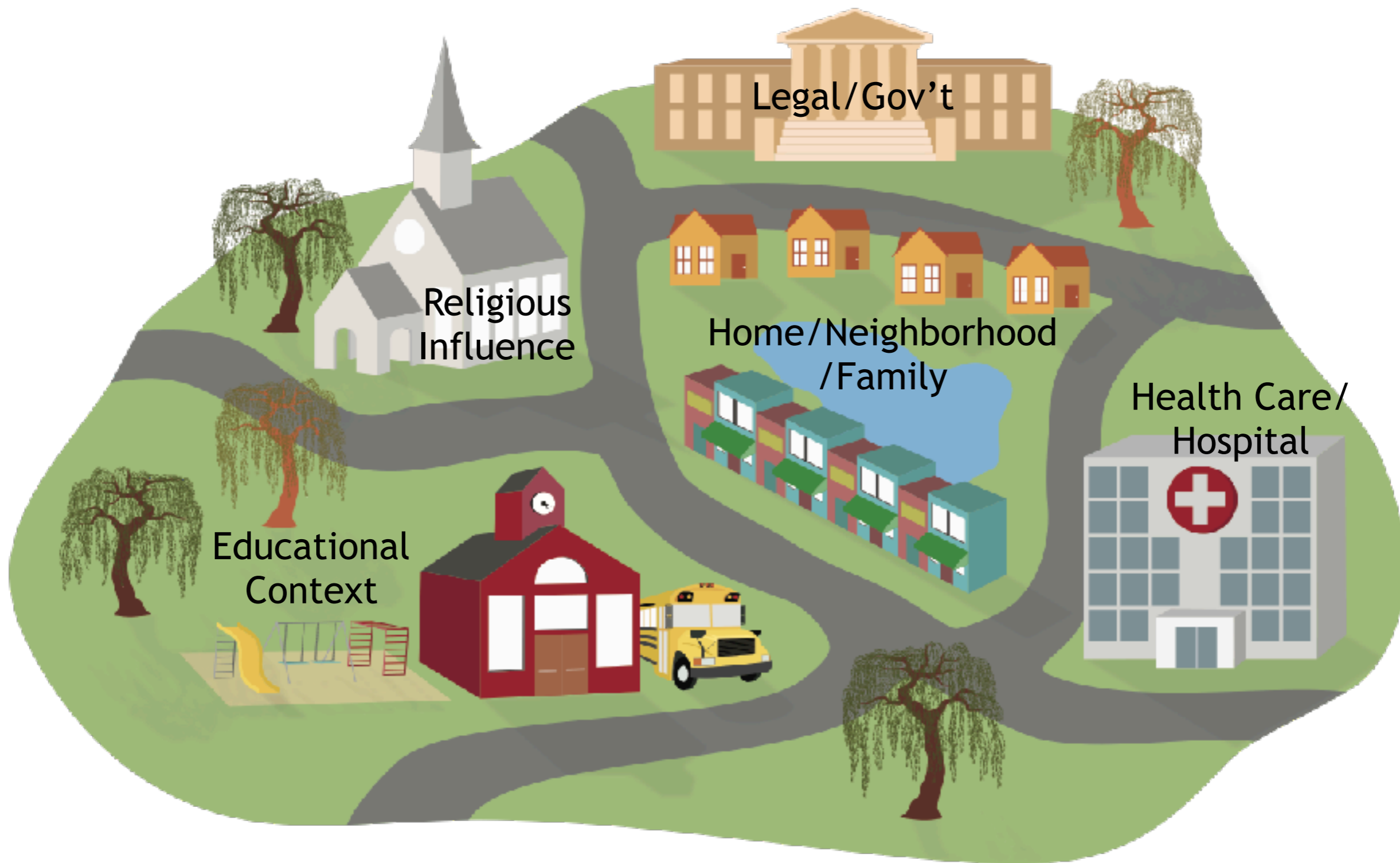
Systemic Institutionalized Misuse of Power-

Systemic-irregular formed from the system

Institutional Misuse of Power- the ability to direct or influence the behavior of others or the course of events.

Power- the ability to do or act

# YOUR VILLAGE





Socialized- Taught on a personal level by family, teachers, people we love and trust-shapers of expectations, norms, values, roles, rules.

### Lens of Identity

Born into world with mechanics in place. No guilt, no choice.  
Misinformation, Biases, Stereotypes, Prejudices, history, habit and tradition.

Reinforced/bombarded with messages from:

Institutions (churches, schools, tv, legal system, healthcare, businesses...)

Culture (lyrics, language, media, patterns of thought)

On conscious and unconscious levels



### Lens of Experience

Resulting in:  
Silence, anger, dehumanization, guilt, self-hatred, stress, violence, crime....

Enforced/Stigmatized-Rewards and Punishments

Privilege/Persecution -Discrimination/ Empowerment

created by B.Harro (1982) referenced in Adams, et al. 1997 Teaching for Diversity and Social Justice

### Opportunity for change

Change

- Raise consciousness
- Interrupt
- Educate
- Take a stand
- Question
- Reframe

Do Nothing

Don't make waves  
Promote status quo

# Vehicles of Socialization & Normalization of the Dominant Culture

Look closely at the present you are constructing: it should look like the future you are dreaming.

Alice Walker

## Institutions

Legal  
Educational  
Health Care  
Social Services  
Government  
Media  
Criminal Justice

## The Village

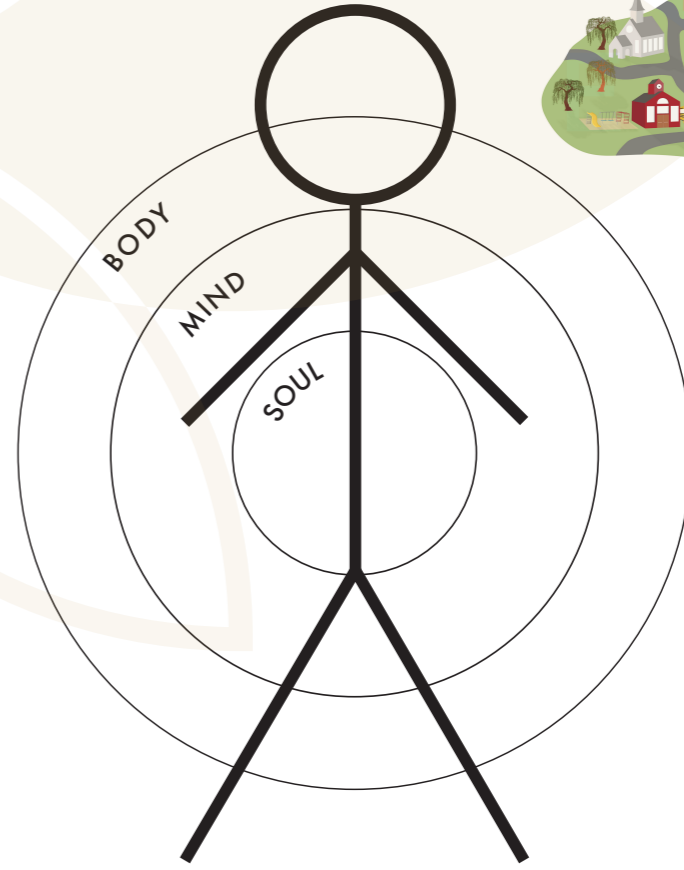
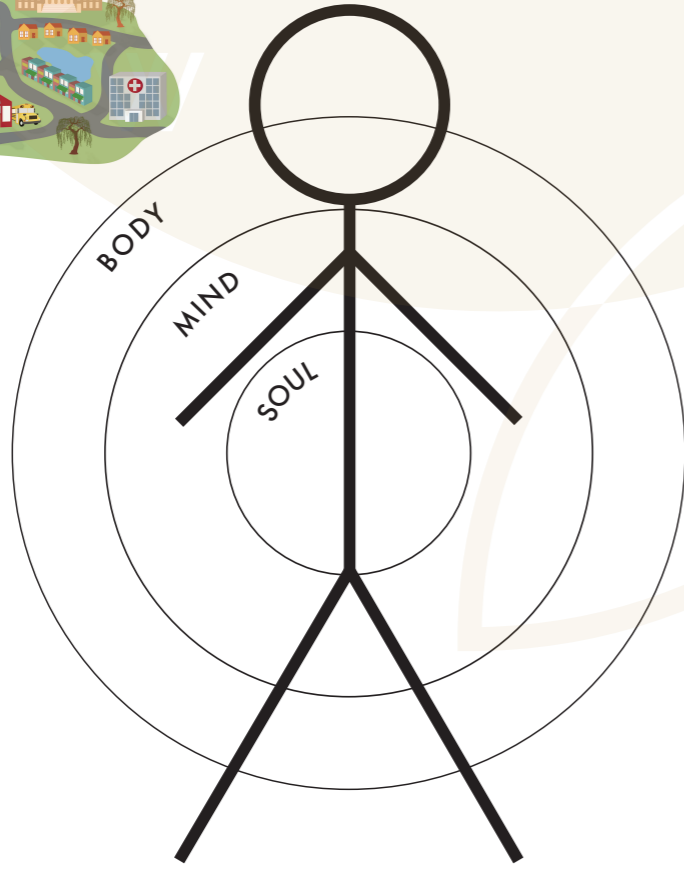


Inquiry- For who are these institutions? What is required to be a part or receive services?  
What are the policies, procedures that hold up these institutions? By whom were they created? Who named the standards?

# ISMS EXPONENTIAL IMPACT



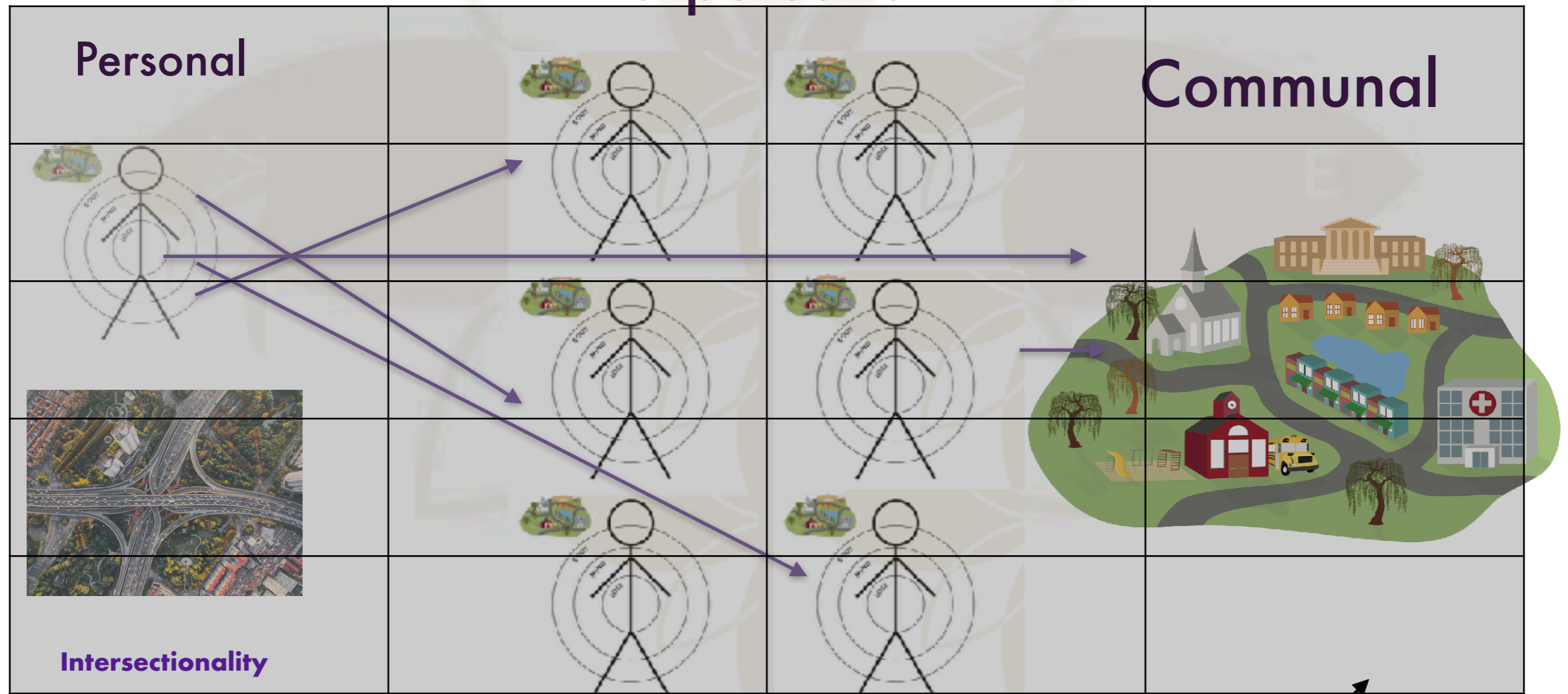
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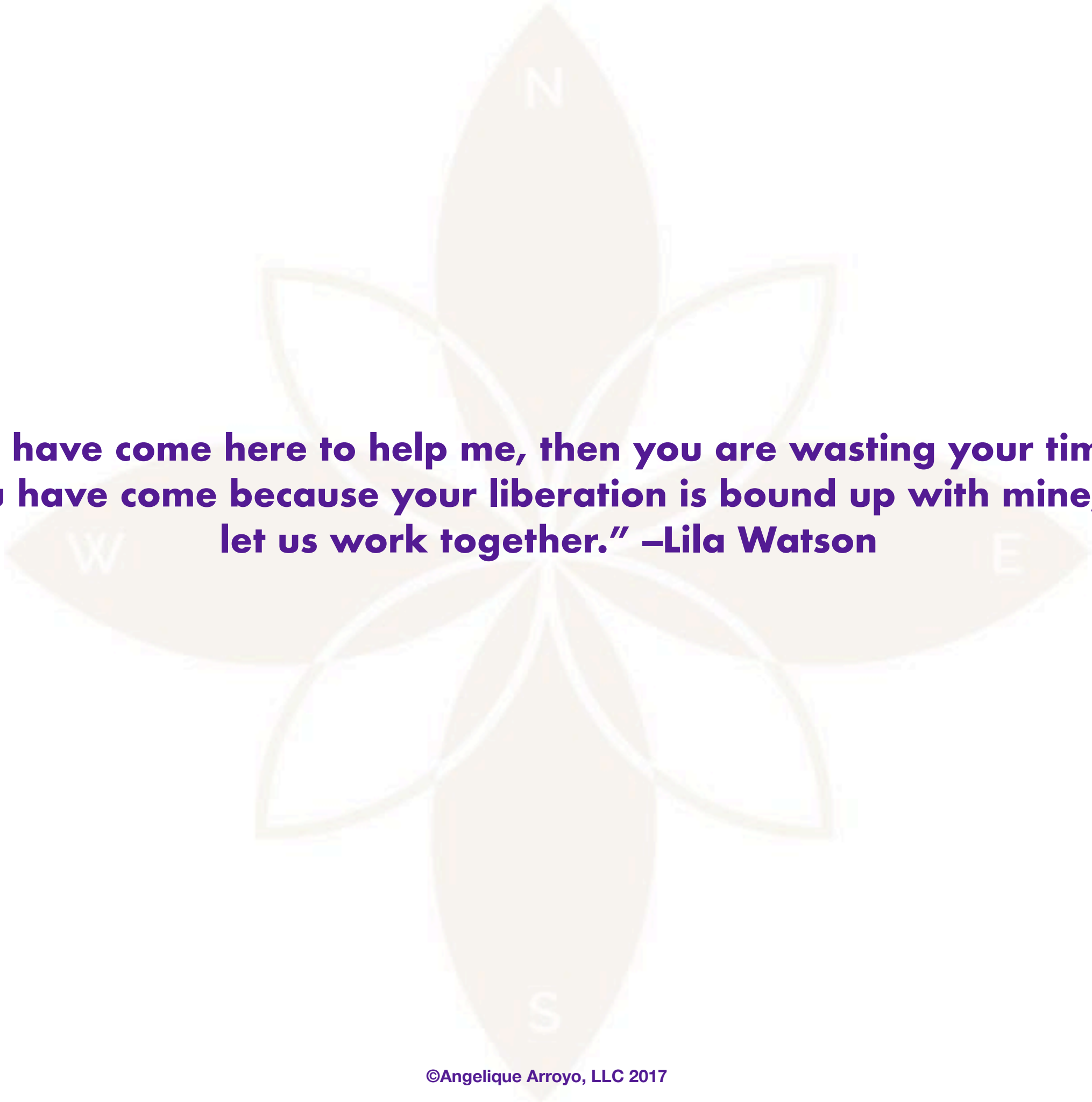
Personal

# Intersections & Layers

## Interpersonal



Construct of Systemic Oppression through which everything is filtered.



**"If you have come here to help me, then you are wasting your time...But if you have come because your liberation is bound up with mine, then let us work together." –Lila Watson**



## What Next?

- Continue to develop your personal capacity for understanding.
- Create an accountability system personally, professionally and communally.
- Locate yourself in the conversation and understand your context. so that you can hold space for others.
- Do the work.
- Do the work.
- Be clear about your commitment to justice.

Work= The mental, emotional and physical labor of being present and building capacity to be with challenge, pain and joy. And investing time into the process.



Thank you!

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