

**BUILDING COMMUNITY**

# **VULNERABILITY & TRUST**

**College of Arts & Architecture  
All-College Town Hall February 2, 2024**

**Music Bldg 1  
Esber Rehearsal Hall**

# ACKNOWLEDGEMENT OF LAND

**In collaboration with the Indigenous Peoples Student Association (IPSA) and the Indigenous Faculty and Staff Alliance (IFSA)**

The Pennsylvania State University campuses are located on the original homelands of the Erie, Haudenosaunee (Seneca, Cayuga, Onondaga, Oneida, Mohawk, and Tuscarora), Lenape (Delaware Nation, Delaware Tribe, Stockbridge-Munsee), Shawnee (Absentee, Eastern, and Oklahoma), Susquehannock, and Wahzhazhe (Osage) Nations. As a land grant institution, we acknowledge and honor the traditional caretakers of these lands and strive to understand and model their responsible stewardship. We also acknowledge the longer history of these lands and our place in that history.



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# WELCOME



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***“The courage to be vulnerable is not about winning or losing, it's about the courage to show up when you can't predict or control the outcome.”***

– Brené Brown,  
*Dare to Lead*



# OUR AGENDA

- To create space for RADICAL listening & understanding
- To get in touch with and share our VULNERABILITIES to encourage trust
- To be introduced to tools that can build our RESILIENCE



# TAKE A BREATH



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# GROUND RULES

- Practice being a radical listener: *listen for understanding*
- Be willing to recognize the full humanity in everyone
- In our responses to others: “do no harm”
- Share own your own experiences through “I” statements,
  - resist projecting or assuming you know others’ experiences
  - when in doubt, turn to *wonder*
- Use “ouch” or “oops,” as a way to register hurt or discomfort  
Be prepared to say why (using “I” statements)



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# SHARE AN EXPERIENCE OF BEING SEEN

Think of a time when someone really saw and/or made space for you. What did they see in you that was acknowledged? How did it make you feel?

- Pick someone next to you as a partner
- Introduce yourself (faculty, staff, student, department) with something most people would not know about you.
- Take a minute to locate an experience; each of you has about a minute or two to share.



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***“Cynicism is the greatest barrier to love. It is rooted in doubt and despair.”***

***“Ultimately, cynicism is the great mask of the disappointed and betrayed heart.”***

– bell hooks,  
*All About Love: New Visions*



# WHAT ARE THE STORIES WE TELL OURSELVES?

Gossip + unconfirmed assumptions = destructive, toxic, unhealthy cultures

Are we beaten down by the system?  
Has the system become us?



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What are the stories we make up about ourselves, our colleagues, department, college or university?

- Have your Dyad join another for a group of four
- Introduce yourselves
- Share an example of a story you make up



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# WHERE IS OUR POWER?

How do we overcome the **victim/oppressor** binary narrative?



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# RUMBLE SKILLS \*

- The story I make up is ...
- I'm curious about...
- Tell me ore.
- That's not my experience (instead of "you're wrong about him, her, them, this...")
- I'm wondering...
- Help me understand...
- Walk me through...
- Were both dug in. Tell me about your passion around this.
- Tell me why this does not fit or work for you.
- I'm working from these assumptions [priorities, or goals]—what about you?
- What problem are [actually] we trying to solve?

\*Brené Brown, *Dare to Lead*, pgs. 172-173



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# SHARE ONE WORD OR TOOL

that you heard or was brought up today that you will take away with you and can use to inspire and/or practice vulnerability and help our community to grow mutual trust?



# THANK YOU

for joining us today!



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