



Brave Sis Project, LLC – 951 Marina Way S., Ste. F, Richmond, CA 94804

Information

[The What, the Why, and the Who of the Journey Journal](#)

[The Story of Brave: Origin Story of Brave Sis](#)

[Listen to You: Honoring Your Voice, Through Discouragement](#)

[A Note to Young Ladies, and Anyone Else: Ways to Use the Journey-Journal](#)

[Short Biography](#)

Thank you!

NSU Black History Month Event: We Sit on the Shoulders of Giants: A Journey into History, to Inspire your Own

- 1) **Short recap of my journey to Brave Sis:**
 - a. Balancing academic, creative, and business identities
 - b. Navigating three terrifying moments – The Entrepreneur’s Journey!
 - c. Life lessons from the foremother journey!
- 2) **Activity: A Brave Sis Defying Boxes: *What Would you Ask Her/What Would She Tell You?***
 - a. I will share the story of a Brave Sis, Tidye Pickett, from the lens of
 - i. defying stereotypes of gender and race
 - ii. standing up for what you know to be your truth
 - iii. making the global local and the local universal/ the mark you want to make on the world?
 - b. We will discuss her story and what lessons she has for the participants. No need to prep in advance! But... if people want to read about her, [here](#) is a good bio.
 - i. What turning points in her life story resonate with you? How and why?
 - ii. What about her story challenges ideas you had about women? About institutional racism? Are there people and stories like that you know from your past, and how does that make you feel today (proud, angry...)
 - iii. What lessons does Tidye have for use today, navigating limits people put on you? What’s working? What do you wish she could come back to help you with?
- 3) **Wellness activity:** Using the journal’s 12th box. Based on the life of Tidye, let’s make the 12th box be “LEGACY” want to put in the 12th “things I want to focus on” box for the next two or three months? How will you hold each other accountable?
- 4) Fun sidebar

www.bravesis.com