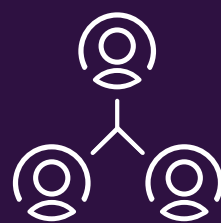
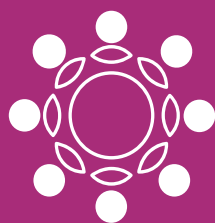




# TRANSFORMATIONAL COMMUNICATION PROGRAM OVERVIEW



LUNA JIMÉNEZ  INSTITUTE  
FOR SOCIAL TRANSFORMATION

*Transforming the world,  
one revolutionary relationship at a time.*

# WHO WE ARE



Luna Jiménez Institute for Social Transformation (LJIST) provides learning and development, facilitation, coaching, and keynote speaking to inspire individuals and organizations to deepen their commitment to social justice and create transformational change, one revolutionary relationship at a time.

LJIST is internationally recognized for highly effective and insightful programs, expert facilitation of inclusive processes, and dynamic speaking.

Our goal is to inspire and support our clients as they utilize personal healing and active engagement in our LJIST Community of Practice (CoP) to develop powerful skills for transformational social change. We partner with people and organizations dedicated to embracing their full leadership capacity to create a more equitable and just world.

***Lasting and effective social change happens one relationship at a time.***



## OUR STORY

LJIST's transformational approach to social change continues the work first started by Dr. Erica "Ricky" Sherover-Marcuse and then carried on by recognized cross-cultural communication specialist Lillian Roybal Rose, M.Ed.

Based in Portland, Oregon, LJIST has been providing transformative learning and development experiences, purposeful facilitation, and impactful DEI action and strategic planning for organizations, companies, groups, agencies, and communities since 1994.





NANCI LUNA  
JIMÉNEZ

Founder & President  
NANCI@LJIST.COM

“

Never doubt that  
a small group of  
thoughtful, committed  
people can change  
the world. Indeed, it  
is the only thing that  
ever has.

MARGARET MEAD

## BIOGRAPHY

# NANCI LUNA JIMÉNEZ, CPF

**Nanci Luna Jiménez** is regionally, nationally, and internationally recognized for her highly effective and insightful trainings, inclusive facilitation, and dynamic speaking for groups of diverse ages, industries, and cultural backgrounds. In 1994, she founded the [Luna Jiménez Institute for Social Transformation](#) (then known as Luna Jiménez Seminars & Associates) to deliver unique programs that guide individual healing and transformation, cultivate initiative and leadership in social change, and create more just and equitable workplaces and communities.

A [Certified Professional Facilitator®](#) since 2006, Nanci facilitates individuals and groups in understanding how systemic oppression affects their lives, their work, and their relationships with others, then supports them to envision and make revolutionary changes through personal healing, cross-cultural communication, group consensus, organizational inclusion, and short- and long-term strategic and action planning.

Nanci's unique approach to diversity, inclusion, and social justice continues the legacy of work first started by [Dr. Erica “Ricky” Sherover-Marcuse](#), who coined the term “unlearning racism,” and then carried on by recognized cross-cultural communication specialist [Lillian Roybal Rose, M.Ed.](#) Their approaches encourage participants to recognize the value of their own heritage and to foster common understanding with others as a means of building alliances and working for social justice. Nanci uniquely combines this training along with methodologies developed by the [Institute for Cultural Affairs \(ICA\)](#), an international organization that trains people to lead participatory processes for more sustained organizational and social change.

Of Puerto Rican and Chicana heritage, Nanci was born in Detroit, Michigan, and was raised there and in Tucson, Arizona. She currently lives in Portland, Oregon.

# CORE TEACHINGS

Systems and institutions are made up of humans and in order to change systems, we must change humans.

We believe we can transform society by providing people with the tools to heal from oppression and to build relationships based on trust and understanding.



WE CAN COMPLETELY HEAL FROM THE EFFECTS OF OPPRESSION

AUTHENTIC RELATIONSHIPS ARE ACTS OF REVOLUTION



LISTENING IS THE MOST POWERFUL POLITICAL TOOL

ADULTISM IS THE TRAINING GROUND FOR ALL OTHER OPPRESSIONS



BLAMING PEOPLE FOR ACTING OUT THE EFFECTS OF OPPRESSION IS OPPRESSION

ALL HUMAN BEINGS ARE GOOD BY NATURE



WE CURRENTLY HAVE ACCESS TO ALL THE TOOLS WE NEED TO END OPPRESSION

ALL PEOPLE ARE DEMEANED AND DEVALUED BY INSTITUTIONAL OPPRESSION



“History, despite its wrenching pain, cannot be unlived, but if faced with courage, need not be lived again.”

MAYA ANGELOU

# TRANSFORMATIONAL COMMUNICATION PROGRAM



## Tools for cross-cultural understanding and inclusion

**Transformational Communication** is our foundational program, providing tools and teaching that underscore how radical relationships based on love, trust, and understanding are necessary for systemic change and social justice.

This program focuses on communication, transformational healing, and capacity building for individuals to become more effective partners in building just communities. The frameworks taught in this program inform all other LIST offerings.

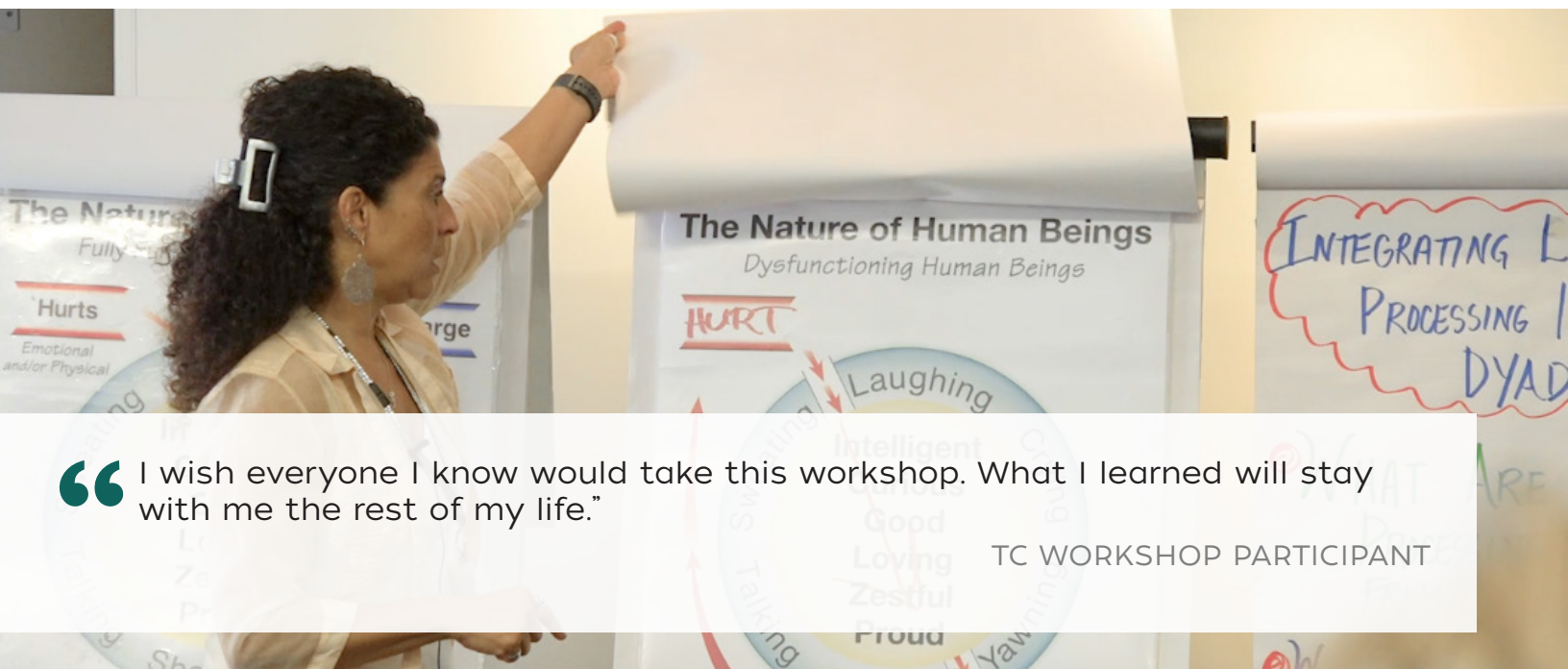
This program is a prerequisite for the [Transformational Leadership Program](#).

### PROGRAM INCLUDES

3-day Transformational Communication workshop

10-week remote *Just Listening* follow-up programs

**BONUS:** 1-year subscription to the Transformational Communication Workshop Key Learnings video



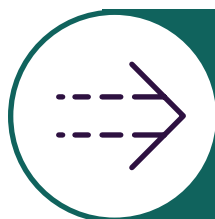
“I wish everyone I know would take this workshop. What I learned will stay with me the rest of my life.”

TC WORKSHOP PARTICIPANT

# PROGRAM TIMELINE

After the foundational 3-day *Transformational Communication Workshop*, our 10-week *Just Listening I* follow up program supports participants to implement the tools and theories learned in the intensive with a Community of Practice that includes remote small group live video coaching with the LJIST Team, Listening Partnerships, and weekly emails with micro learning videos.

Week 0	Learning & Development	<b>3-Day In-Person Intensive: Transformational Communication (TC) Workshop</b> <ul style="list-style-type: none"> <li>Participants explore LJIST's foundation theory and practices for transformative social justice, relationship-building, and personal healing and receive support for implementing this work in their lives, work, and communities</li> </ul>
Weeks 1 - 4	Community of Practice	<b>Just Listening I Remote Small-Group Coaching Follow-Up Program Begins</b> <ul style="list-style-type: none"> <li>Listening Partners (Established During the TC Workshop) Complete Weekly (30-60 Minute) Listening Partnership Sessions</li> <li>Weekly Video Content and Prompts to Explore During Your Sessions Supports Listening Partnerships</li> </ul>
Week 5		<b>Mid-Program Remote Small-Group Coaching Session (2 Hours)</b> <ul style="list-style-type: none"> <li>Individuals Meet with the LJIST Team in Remote Small-Group (Maximum 8 People) Coaching Sessions to Review Theory and Get Support For Listening Partnership Practice</li> </ul>
Weeks 6 - 9		<b>Just Listening I Remote Small-Group Coaching Follow-Up Program Continues</b> <ul style="list-style-type: none"> <li>Listening Partners (Established During the TC Workshop) Complete Weekly (30-60 Minute) Listening Partnership Sessions</li> <li>Weekly Video Content and Prompts to Explore During Your Sessions Supports Listening Partnerships</li> </ul>
Week 10		<b>Final Remote Small-Group Coaching Session (2 Hours)</b> <ul style="list-style-type: none"> <li>Individuals Meet with the LJIST Team in Remote Small-Group (Maximum 8 People) Coaching Sessions to Review Theory and Get Support For Listening Partnership Practice</li> </ul>



## What's Next?

TC Program graduates are eligible to complete the [Transformational Leadership Program](#). They can also enroll in a year-long [Transformational Coaching Program](#) with a Listening Partner.

# PROGRAM DETAILS

## LEARNING & DEVELOPMENT

### TRANSFORMATIONAL COMMUNICATION: Tools for Cross-Cultural Understanding and Inclusion

**Length:** 3 days (over 4)    **Location:** Off-site    **Ideal number of participants:** 24\*

*Transformational Communication establishes the importance of connection: to self, to our heritage, to each other, and to the planet. From this foundation of “community building from the inside out,” LJIST offers a social justice framework based on relationships, healing, and trust. Participants learn to differentiate between individual discrimination and systemic dominance, institutional oppression and internalized oppression, implicit bias and structural bias, and equality and equity, and gain tools and knowledge to radically transform their relationships at home and at work. Through experiential exercises, storytelling, and Constructivist Listening, participants recognize, name, and begin to eliminate the personal effects of institutional oppression and root out the intergenerational patterns of internalized oppression. Paired with our Just Listening follow-up program, this workshop addresses the barriers that prevent us from standing against injustice and shows how each of us can play a significant role in creating and sustaining inclusive and just communities. In this workshop, participants will:*

- Deepen connection, trust, and understanding of and with self and each other within a social justice framework;
- Understand the dynamics of institutional and internalized oppression and their impact on us as individuals and communities;
- Learn frameworks to name, interrupt, and heal from these impacts;
- Be more committed and skillful at challenging social justice conversations, seeking to understand and be effective.

\*Larger groups up to 40 and smaller groups can be accommodated.



#### BONUS

#### Transformational Communication Key Learnings Video

As part of the Transformational Communication Program, participants receive a complimentary 1-year membership to LJIST's Transformational Communication Key Learnings Video. This tool gives participants ongoing access to core tools and frameworks to refresh, review, and reinforce learning from the TC Workshop on their own time, at their own pace, and according to their interests. [Click here](#) to watch the 90-second trailer or the free 5-minute introduction.



# PROGRAM DETAILS

## COMMUNITY OF PRACTICE

### JUST LISTENING I: Putting Tools into Practice

**Length:** 10 weeks, including two 2-hour small group coaching sessions

**Location:** Remote     **Ideal number of participants:** 24 total, ≤8/session

*Just Listening solidifies the learning, creating a Community of Practice (CoP) committed to living the tools taught during the TC Workshop. Just Listening I begins the week after completing the TC Workshop. Participants meet weekly in their Listening Partnerships. Participants have access to 10 micro-learning videos at the start of JLI. To support their practice, they also receive a weekly email “prompt” highlighting one of the videos in the package as well as focus questions for that week’s Listening Partnership session. At the midway point and the end of JLI, participants join a 2-hour small group video coaching session facilitated by the LJIST team. In this program participants will:*

- Receive support for Listening Partnerships established during the workshop;
- Become more expert at applying the theory and practice of Constructivist Listening;
- Recognize and connect through the shared human experience of institutional oppression, breaking down barriers with understanding and empathy;
- Commit to Constructivist Listening as an ongoing practice to eliminate internalized oppression and patterns that reinforce discouragement, dominance, and division;
- Become more enthusiastic and empowered to champion DEI efforts.



“

Being listened to is so close to being loved that for the average person they are almost indistinguishable.”

DAVID  
AUGSBURGER