

Surviving and Thriving as an Activist

Audio from the workshop: Surviving and Thriving as an Activist

This workshop explored the challenges and opportunities of activists who both come from and work with the more 'excluded' members of the rainbow communities. The workshop was facilitated by Mani Bruce Mitchell and Tommy Hamilton.



Proud 2016



Surviving and Thriving as an Activist (36:54) [HTML5 player](#) [Flash player](#) [Mp3](#) [HQ mp3](#)

Note this item contains references to mental health and suicide. If you need support you can find a variety of support services on the [links page](#)

Tags: 2010s, activism, agile methodology, anger, aotearoa new zealand, awhi, books, burnout, cats, check-in plan, children, chocolate, civil defence, clothing, community, community support, compassion, conference, critical incident stress, disconnection, eating, erasure, exclusion, exclusiveness, failure, family, fencing, film, food, friends, frustration, gardening, gender identity, internet, intersex, jeffrey t. mitchell, lego, mani bruce mitchell, marginalised communities, melbourne, mental health, mentor, mirror, mistakes, misuse of power, music, nature, netflix, plan, power, privilege, pronouns, proud 2016 (wellington), resilience, resource, road trip, saying no, self awareness, self care, self image, silence, singing, sleep, spaces, sport, success, suicide, support, sustainability, teacher, television, the twilight zone (tv), tommy hamilton, transgender, trauma, travel, vietnam veterans, volunteer, vulnerability, water, wellington, whanau, witness, workshop, writing

Details

- 0:00:07 - Full group
- 0:13:00 - [small group discussion not included]
- 0:13:02 - Full group
- 0:24:59 - [small group discussion not included]
- 0:25:00 - Full group

Citation information

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