

# Exchange Session Submission for Colorado Health Symposium 2023

**2023 Colorado Health Symposium: People-Powered Transformation**

**Wednesday, July 26–Friday, July 28**

**Keystone Conference Center | Keystone, Colorado**

Many of the systems in the U.S. that were created to support health and well-being tend to benefit those with the most political and economic power. These systems – built and maintained by individuals with the most privilege – leave health out of reach for those of us who have historically lacked institutional power and disproportionately harm people of color.

Yet there is hope. Change is possible, and it is our duty to make real change happen. We can and must build and use our power – individual and collective – to advance health equity and build systems that work for the many rather than the few.

This year's Colorado Health Symposium focuses on building up and harnessing people-power to generate positive change and bring health within reach for all individuals who live in Colorado.

**Are you submitting this proposal as a representative of an organization?**

- Yes
- No

**Organization Name**

**Title or Role at Organization**

**Organization Website**

**Organization Type**

- Nonprofit Organization
- Foundation/Grantmaking Organization
- Philanthropy Serving Organization
- Consulting (Individual or Firm)
- Other

**Is your Colorado-based organization ... (select all that apply)**

- Led by people of color
- Centered on (serving) communities of color
- Community-based (a public or private nonprofit that is representative of a community or a significant segment of a community and is engaged in meeting human, educational, environmental or public-safety community needs)
- Grassroots
- Rural-based
- Statewide-serving
- Region-specific (please specify)
- Other

**Is your organization serving a need in your community that is not covered here? If so, what is it? (150 words)**



The Colorado Health Foundation™

**Do you (if you are submitting as an individual) or your organization ... (select all that apply)**

- Have an explicit and publicly stated commitment to racial justice/equity? (If so, please link to it or upload a file.)
- Have an explicit and publicly stated commitment to health equity? (If so, please link to it or upload a file.)
- None of the above

**How did you learn about the Colorado Health Symposium Exchange Session Call for Proposals (select all that apply)?**

- Colorado Health Foundation Email
- Colorado Health Foundation Social Media
- Colorado Health Foundation Staff
- Coworker/Friend
- Other (please specify)

**Is your first presenter also the point of contact for this proposal?**

- Yes
- No

**First Name**

**Last Name**

**Email Address**

**Pronouns**

**Organization Name, if applicable**

**Role or Title, if applicable**

**We require every session to be presented with at least two, but no more than three speakers. Please list all additional speakers, including their emails, phone numbers, organizations and titles. If you are representing a community or informal group, please note that affiliation.**

**Proposed Session Title (15 words):**

**Proposed Session Description (100 words):**

**Session Learning Objectives: Please list 3 things attendees can expect to learn from your session. (300 words)**

**As a reminder, the 2023 Symposium's theme is People-Powered Transformation, and the goals are:**

1. Highlight how individual and collective power can be used to influence and engineer a new, healthier and more equitable normal with racial justice at its core.
2. Provide a platform to aid connection and understanding across sectors, power structures, lived experiences and identities.
3. Inspire hope and action to advance health equity.
4. Demonstrate respect for community-level solutions and cultural modes of solutioning and healing while also addressing the barriers of systemic and structural oppression at large.

**How does your idea relate to the Symposium's theme and goals? (300 words)**

**Why is your idea relevant at this moment in time? (300 words)**

**Which voices or experiences will be centered in your session? (300 words)**



**Does this session pertain to (select all that apply):**

- Statewide solutions or experiences
- Rural solutions or experiences
- Urban solutions or experiences
- Solutions or experiences relevant to communities of color
- Solutions or experiences relevant to people with less power, privilege and income

**Describe the intended audience (individuals) you hope will attend your session. (75 words)**

**We believe in the power of listening, learning and authentic dialogue. The Symposium is a key avenue for that and brings together people with various viewpoints and life experiences from all parts of Colorado. What will you do to create this type of environment in your session? (150)**

**Proposed Session Format (choose one):**

- Guided Discussion: A facilitated conversation among attendees that creates an open dialogue of diverse perspectives, experience and expertise related to a specific topic.
- Brainstorm: A facilitated discussion that generates a multitude of ideas, solutions and approaches to an expressed challenge or opportunity.
- World café: Small groups of attendees discuss designated topics at tables and switch tables periodically.
- Fishbowl: Attendees are separated into an inner and outer circle of chairs. Attendees in the inner circle (the "fishbowl") have a discussion while attendees in the outer circle listen. Leave a couple seats open in the inner circle and invite people in to join the conversation.
- Interview: An interviewer and interviewee have a conversation in front of an audience, and audience members are invited to ask questions during a Q&A period.
- Storytelling: A presenter shares a story about their lived experience (or the lived experience of someone they know) to demonstrate the impact policies, practices and systems have on people's lives. This format helps attendees understand the context around an issue.
- Film screening: Attendees watch a film and participate in a facilitated discussion about the topic of the film.
- Skill-building workshop: A series of structured activities that help attendees learn about, cultivate and apply a skill.
- Hands-on art project: This format provides attendees with the chance to listen, learn and reflect on concepts presented while using their creativity.
- Demonstration: An opportunity to showcase the traditions, ceremonies, food, art, dance, music and more of a culture or community (tied to health and well-being).
- Other (please specify)

**What language will the session be presented in? (Interpretation services can be provided to aid communication between attendees and presenters.) (150 words)**

**Proposed Session Length:**

- 60 mins
- 90 mins
- Unsure / Either length could work

**Proposed Session Setting:**

- Indoor
- Outdoor

*Outdoor sessions will take place indoors in inclement weather.*



**Presenters associated with your session (limited to three total) will receive complimentary Symposium registrations. Travel and lodging arrangements must be made and paid for by the presenters. Are there barriers that would prevent you from attending? (150 words)**

**Please use this space to let us know if you require accommodations/assistance of any sort in order to present and/or participate in the Symposium. (150 words)**

**Is there anything else you want to share with the Symposium organizers? (250 words)**

