



VIA WORKSHOP SERIES

Changemaker Mindsets

Join VIA's interactive 3-part workshop series to explore mindsets that can help you become a more effective community leader: taking risks, developing self-awareness, and practicing self-compassion.

REGISTRATION

Advance registration required for each session (space is limited)

PARTICIPATION

Each session is a unique standalone experience - join one, two, or all three!

COST

Free

FACILITATORS

The workshop series will be facilitated by VIA's program director team:

- Anissa Monteon
- Yuki Ueda
- Lina Yamashita

ABOUT VIA

VIA is an educational nonprofit organization based in the San Francisco Bay Area.

VIA leverages over 58 years of experience in transformative intercultural and experiential learning to inspire and empower emerging leaders seeking to create positive social impact in their communities.



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SESSION 1

Self-Compassion & Self-Awareness

Nov 13 (SAT) 11:00-12:30 Japan Time

An important step in making an impact in your community is understanding your own values, needs, and motivations as a changemaker. Learn how to increase your self-compassion and self-awareness to be better equipped to serve others.

Register: bit.ly/via_mindsets1



SESSION 2

Risk-Taking for Creativity & Growth

Dec 18 (SAT) 10:00-11:30 Japan Time

Change your mindset by challenging yourself to try new things and be open to new possibilities. Explore a new way of thinking that fosters creativity and growth. With a risk-taking mindset, you will be better prepared to address the challenges that you face in your life and your community.

Register: bit.ly/via_mindsets2



SESSION 3

Changemaker Connections

Jan 22 (SAT) 10:00-11:30 Japan Time

Hear from an inspiring panel of changemakers from around the world and learn about the mindsets that have helped them succeed in their community development work. Network with other attendees and reflect on the ways that you want to show up as a changemaker.

Register: bit.ly/via_mindsets3