

Pull Together Pullman

The Pull Together Pullman initiative is launching a unique six-week program to promote cross-cultural community understanding. The strength of our community and the well-being of our residents relies on everyone feeling seen, heard, connected, and valued.

We are inviting you to join our pilot group of 20-22 residents in this effort. The program will be a combination of virtual and in person meetings held on Tuesday nights from January 10th through February 14th.

Your voice is important.

The Program:

The 6-week program consists of the following components:

Week 1)

To create a space where everyone feels heard we will learn about active listening as a practice. During this session we will share our thoughts on community, how we came to live in the area, what it means to be a resident here, what has changed and what would we like to change.

Week 2)

We explore the myriad ways in which people form identity. For example: race, faith, gender, work, social groups, role in the family. How important are these identities to us and how can we use them to foster connection?

Week 3)

Stress and uncertainty are major drivers behind anger and fear. Isolation contributes greatly to feelings of us vs them. How can we identify the major stressors in our lives and our communities and reduce uncertainty?

Week 4)

Change is always 100% inevitable. How do we deal with letting go of things past while embracing and co-creating a new future. Change is both loss and opportunity.

Week 5)

What strengths can we bring to the table as residents? What are our community assets?

Week 6)

Moving forward to greater inclusivity. Imagining the community, we want; what does this look/feel like? How do we move towards that goal? How do we create engagement in a stressed-out world?

Pre-Program

The six-week program will launch with an informational session on the Intercultural Development Inventory results. The IDI is a tool that will allow us to

look at how we can fine tune our learning thereby giving us the best opportunity to achieve our goals.

Each program participant will be sent a link to the IDI assessment. All answers are confidential but will be presented in aggregate to the pilot group. Each participant will meet virtually with the facilitator for a thirty-minute de-brief about their IDI results prior to starting the six-week program in January.