

PARENTING DECOLONIZED PODCAST



Parenting Decolonized Podcast EP #56: Reflections After the 2022 Rona, Racism, and Radical Parenting Conference [A solo episode with Yolanda]

Yolanda Williams: (00:00:00) Welcome to The Parenting Decolonize podcast. I'm your host, Yolanda Williams, entrepreneur, conscious parenting coach, and single mom to one amazing toddler. I'm on a mission to help shine the light on how colonization has impacted the black family structure. If you're a parent that wants to learn how to decolonize your parenting, you're in the right place. Let's do this.

Welcome back to the Parenting Decolonize podcast. I'm your host Yolanda Williams. And it is a few days after the Rona, Racism, Radical Parenting Conference, the remix, I just want to thank everyone who joined me for the conference. It was three days of incredible, transformative, beautiful community. All the speakers, thank you so much. If you're listening to this, thank you so so much for being there, for extending yourself for giving your time and your expertise to our community.

And again, to anyone who showed up, who bought a ticket who sponsored a ticket. This is the community that we need, the community that we have to be for each other. And so I just really want to thank you for that.

Also want to thank my girl Kenisha. So Friday, the first day of the conference after the conference, I was in a text group chat with the ladies of BFF Black Fem Freedom Collective. If you are new to that term, I am forming an indigenous community with eight other Black Fems. We are planning on purchasing land in Georgia living collectively farming and raising our children together. And so we were on this chat because they saw me struggling with being able to do this live conference and parent. Gia was there. I didn't have a babysitter. She was pulling on me. She was one of my attention.

And I'm in this live conference for two and a half hours. And they saw that struggle. And I believe it was Jamari who was like why didn't we think to send someone out there to support you like maybe we need to send Kenisha out and when I tell you that I was able to get a ticket that night at like 12 midnight and the next morning Kenisha was coming off a plane at nine o'clock in the morning and the relief I felt you all, all the anxiety melted, all the doubt melted. I was really just like am I gonna be able to pull this off without help?

Community is so, so, so important. I'm so thankful to be in community with such amazing women who saw a need and helped me create a solution. Kanisha, Gia and I spent four wonderful days together and it just reminded me of how important this mission of mine and theirs is to build this village. So thank you for that.

One of the big things for me coming out of this conference was just how stressful a time it was for me to plan it. You know, I was the most stressed out I've been in a very, very long time. I was having anxiety attacks. My biggest thing was, this was the most expensive offering I've had at \$159. I think I had a six week boot camp that was maybe 129. But this three day conference with 20 plus speakers, I priced it at 159 because I pay for the speakers out of my own pocket. I never get corporate sponsors. I also need consultants, like an event manager, shout out to my girl Jasmine from Enjoy Events. I didn't have an assistant, my girl Danielle was working on her own mental health.

I was trying to juggle things by myself. And I was noticing that the ticket sales were just not at all what I needed them to be for this conference to remotely be any kind of financial success for me, as much as I love you all. This is not a free business. From the podcast, to website hosting, to having to find childcare sometimes pay for that the podcast, none of it is free. Okay. And while I really appreciate all my patrons, it doesn't pay for half of what I pay for out of pocket.

So I do still have to like earn a living. I have to make money. And the conference is a way for me to make a good amount of money and be able to pay for things like an assistant, help with my emails like tech support. And so that was not happening. And to be completely 100% honest, it didn't happen after this conference, adding everything up paying all the commissions and all the honorariums, paying for the tech, all that stuff, I did not break even I actually lost money. And I'm not saying this to shame anyone making anybody feel bad. This is just me having a revelation that I need to do something different.

And it's not even about the money, per se. It's a different mindset. I was trying to figure out a way to afford all of these things and pay myself a little bit of money and then be able to hire out. I finally have a team. When that didn't come to fruition, I was feeling a lot of anxiety around it. That's where the anxiety was coming from. So I was trying to figure out, like, how am I going to do this. How am I going to pay everyone if people aren't buying tickets to this conference. Now the conference is over. And I've been taking a few days off. I haven't written any emails to you all. I haven't even posted on social media, I just really needed to clear my mind.

And I really just needed to (0:05:00) get silent and get quiet. And I realized that what I need right now is not another break, like I took back in April, or May, what I needed to take care of myself. What I need is to shift my own mindset. I'm a conscious parenting coach, and I am struggling immensely with conscious parenting and not because of Gia but because of all the stuff that has yet to be healed, all the wounds that I put band aids over. I've been covering up and masking so long, and it's become part of my personality. It's become my way of life. And they're just band aids work as a band aid. Dissociation is a band aid. Masking is a band aid, it's like I'm finally peeling back a lot of layers and realizing that I am in an immense amount of emotional turmoil and pain. And I am always afraid like I live in fear.

I try to match that because I've had to for so long, but now it's painful. Like it's it's manifesting physically. And it's manifesting in the way that I'm able to care for my daughter. What this conference and the speakers helped bring out of me and what I hope that they helped bring out of some of you is that this process of healing is so messy and jumbled up sometimes it's not linear. It's definitely like ebbs and flows and peaks and valleys.

It can be incredibly hard to continue, especially as you're going through it, you're reliving grief and heartache that you have long wanted to bury, but bearing it is not serving me anymore. And I want to be a person who practices what she teaches. I want to be a person of integrity and honesty.

And I don't feel like I've been honest. I feel like I've been able to speak with such passion to you all on social media. Because I have a passion for this. I feel strongly about child liberation. I feel strongly about black liberation, those two things for me are intertwined. Because I'm a black parent with a black child. I feel strongly about womanism. I feel strongly about everyone, none of us can be free until all of us are free.

I really feel strongly about that. So I'm able to speak passionately about it. But I'm not doing my own work. And it's starting to show. And so what I decided to do, because every time I share with y'all that I'm struggling, you tell me that it deeply resonates because that imperfection helps you feel sane. It helps me feel human. It helps me have compassion for myself, and I thank you all for that feedback.

So what I am going to be doing in a series of podcasts is doing some healing stuff, working through some things via podcast, kind of baring my soul and being truthful self interrogation. I hope that it may do this when it comes to communication and conflict resolution, I'm not that courageous. That's one of the things that I'm going to be working through. It's very, very difficult for me and someone who grew up feeling silent, very hard for me. And then being in romantic relationships where I was pretty much punished. When I did speak up I was, it was with violence and manipulation. So that's very, very difficult. That's one of the things we'll be working on. So this is going to help me be more courageous is going to help me be more vulnerable. And I'm hoping that it helps you do the same, because sometimes we just need a model.

I remember being in one of my own workshops, asking people like, was there an adult in your life that was a model for you. And that helped you through things, I don't have that I never had it. I can't think of one adult that was just like, let me take you under my wing. Let me teach you some things. Let me show you some stuff. Let me impart some wisdom. Everything that I've ever learned has been self taught or by default, or from books, or from my friends. Now my amazing group of friends who are also on healing journeys, mostly who are parent coaches, who are also very open and vulnerable about their struggles as parents.

You all are my models now. And I thank you for it. Because we all need a model. We are not meant to do any of this stuff alone. And so I hope to be that for some of you who also want to figure out where do I get started, I'm going to be doing that work via podcasts. I don't know how long it's going to be. I don't know what the series is gonna look like. This is me honestly, on this drive, just thinking and trying to figure out what it will look like I don't know. But what I do know is that it will be something that I hope transforms from inside out. I'm tired of being in pain, tired of feeling like my heart is broken. I'm tired of feeling like I'm always wearing a mask, I'm ready for this mask to come off. I want to know me. I want to come home to myself. And I know that's what a lot of you want as well. That's what I'm going to be doing.

I am open to feedback as far as like books that you might recommend, people that you may be following that I don't follow yet. Just drop an email and let me know if there's someone you feel like I should be listening to please make them a black indigenous person of color. I think you know why. Thank you all for being so supportive of me all the time, and always caring about me like caring about my mental health, caring about me feeling stressed or anxious or sick. I really, really, really love (0:10:00) this community. I love you.