



# A LONG TALK

ABOUT THE UNCOMFORTABLE TRUTH



# What is A Long Talk?

A Long Talk About The Uncomfortable Truth is an anti-racism activation experience. We engage in constructive, reflective conversations, where participants are asked to listen, participate, and practice effective anti-racism.

Our goal is to put an anti-racist at every dinner table in America.

# Why people need to talk

1

**Problem:** Many institutions, communities, and families see an urgent need for change, but aren't sure where to start, or are apprehensive about engaging in a process that could be uncomfortable.

2

**Solution:** A Long Talk is a practiced and proven framework that:

- Educates
- 'Breaks the ice' of difficult conversations
- Changes perception of participants from passive to active
- Allows people to learn from one another and feel more connected

...in a setting that is supportive and facilitated so participants of all backgrounds feel comfortable taking part.

# How it works



## 1. Pre-work

Relearning American History —  
Multi-media resources are provided  
for reading, watching, listening and  
digesting before conversations



## 2. Live Conversations

A Long Talk can be hosted  
virtually or in person for various  
group sizes and dynamics



## 3. Continued Actions

Opportunities for  
sustained engagement  
within the network

# Conversation **structure**

1

**Unpacking your truth** – make connections between our shared American history and our current reality

2

**Finding your voice** – use the “CPR Protocol” to challenge racist comments and beliefs

3

**Breakout and role-playing exercises** – practice new skills and conversation approaches

4

**Activating your activism** – identify and overcome internal and external challenges which may get in the way of living as an active anti-racist

# Continued engagement

**1** The A Long Talk community is a committed nation of educated, empowered and enduring agents of change.

**2** Stay involved through regular networking opportunities:

- Pillars of Change
- Movie Mixer
- Book Bounce
- Monthly Community Conversation

**3** Join the American Anti-Racism Alliance, our burgeoning non-profit arm building chapters in cities across the country



# What you'll **walk away with**

1

A stronger understanding of American history and its impact on today's society

2

Concrete tools to address racist comments and dismantle racist structures

3

A path to maintaining an anti-racist mindset and activism

# Impact to date

Over **280**  
sessions completed

**+ 3 point**  
self-reported increase in  
confidence as an anti-racist  
(10-point scale)

Over **11,000**  
change agents  
activated





# Testimonials



In my 24 years as a white college basketball coach the 'A Long Talk' presentation lead by Kyle Williams was the most impactful and eye-opening education I have received. It made me see where I was and I am and where I need to go as a leader of young black men. We all have work to do and "A Long Talk" helped me realize I can't waste time.

— Mike Rhoades, Head Coach, Virginia Commonwealth University



# Testimonials



In two short nights, they helped me begin to answer the question: how do I advocate for racial justice without causing harm and hate toward myself or my friends? These two days were a gateway for understanding for me and I'm grateful for the opportunity to participate.

— Dr. Stacey Cole, Superintendent of Schools, Storm Lake, Iowa



# Testimonials



“I’ve been here for 17 years and I think these three sessions have been the **most meaningful and important conversations** I have had with my colleagues in that time. I am truly grateful.

— Lynda Tealer, Executive Associate Athletics Director, University of Florida



# Testimonials



"In a relatively short period of time, A LONG TALK has become an important part of the Island school community, leading the way in bringing awareness and training in Anti-Racism & Anti-Oppression through their activation exercises and instructional programming. A LONG TALK has **worked directly with school staff, students, administration, school committee members, and community leaders**, all of which has been and will continue to be of great benefit to the children of MVYPS."

— Richard M. Smith, Ed. D., Superintendent, Martha's Vineyard Public Schools

**Facebook**  
[facebook.com/ALongTalk2020](https://facebook.com/ALongTalk2020)



**Instagram**  
[@alongtalk2020](https://instagram.com/alongtalk2020)



**LinkedIn**  
[linkedin.com/company/a-long-talk](https://linkedin.com/company/a-long-talk)



Learn more  
& connect



**Twitter**  
[@alongtalk2020](https://twitter.com/alongtalk2020)



[alongtalk.com](https://alongtalk.com)



Sign up for The  
Frontline newsletter

# About us

Kyle Williams and Kamal Carter are innovative educators and entrepreneurs who created A Long Talk About The Uncomfortable Truth to build safer communities for their children and help individuals across the country activate their potential to be effective and active anti-racists.



Kyle Williams,  
Chief Empowerment  
Officer

Kyle Williams is a passionate leader who has amassed over 25 years of experience as a professional educator. Change and progress through educational empowerment have always been at the heart of his work, and he brings that same focus and energy to the fight for social justice and racial reconciliation as the Chief Empowerment Officer and co-creator of the "A Long Talk" experience.



Kamal Carter,  
President

Kamal Carter is a talented scientist, activist, educator and management consultant with more than 25 years of corporate development and growth strategy experience. A pioneer of innovative strategies in education, Kamal is President and co-creator of "A Long Talk."



Thank **you**

© ALONGTALK2022

**A LONG TALK**  
ABOUT THE UNCOMFORTABLE TRUTH