



The Colorado Health Foundation™

AT THE **Heart** OF THE **Matter**

MARCH 16

WEDNESDAY • 12 – 1:30 p.m.

The Right Relationship with Change



adrienne
maree brown



Karen
McNeil-Miller



The Colorado
Health Foundation™

At the Heart of the Matter: The Right Relationship with Change

[adrienne marie brown](#) joined Karen McNeil-Miller, our president and CEO, for an in-depth conversation on how we can collectively use the natural world as a model for moving through and shaping transformative change. This event included a special live performance by [Lolita](#).

Watch a full recording of the conversation in [English](#). You can reference the chat [here](#), and watch other events in the series [here](#).

Short on time and looking for the highlights? Check out:

- “All that you touch, you change. All that you change changes you. The only lasting truth is change.” Octavia E. Butler (Time stamp: 5:55)
- Radical imagination: The systems we are living in were once imagined by someone, so we can imagine new systems together (Time stamp: 7:32)
- Patterns in nature as a way to think about change (Time stamp:15:17)
- Emergent strategy: Lesson from fractals on how small change affects the whole (Time stamp: 26:10)
- Reimagining boundaries and consequences in relationship with ourselves, others and organizations (Time stamp: 30:50)
- How can we adapt to overcome and redirect racist systems? (Time stamp: 35:33)
- Developing an embodiment practice to grow capacity for moving through reaction to adaptation (Time stamp: 36:41)
- Building a better world through generative conflict (Time stamp: 46:49)

Disponible en Español

Event Date

Wed, Mar 16 2022, 12 - 1:30pm

Location

VIRTUAL