



**Friday: Rooted in Fellowship**

JUNE 23, 2023

GEORGE WASHINGTON UNIVERSITY, WASHINGTON D.C.

<b>8:30AM</b>	<b>REGISTRATION</b>
<b>10:00AM</b>	<b>OPENING CEREMONY</b> <ul style="list-style-type: none"> <li>• <i>Introduction &amp; Norms</i></li> <li>• <i>Intention Setting</i></li> <li>• <i>S.E.E.D. Talk</i></li> </ul>
<b>11:10AM</b>	<b>COHORT MEETING I: MEET &amp; GREET</b>
<b>12:20PM</b>	<b>LUNCH/JUMMAH PRAYER</b>
<b>1:30PM</b>	<b>BREAKOUT BLOCK I: CULTURE &amp; CONNECTIONS</b> <ul style="list-style-type: none"> <li>• <i>Accessible Afghan Cuisine</i></li> <li>• <i>Afghan Artisanhip</i></li> <li>• <i>Afghanistan: The Theft of History</i></li> <li>• <i>Afghanistan &amp; Poetry</i></li> <li>• <i>Dance: Artistry &amp; Attan</i></li> <li>• <i>Woven Histories: Afghan Rugs</i></li> </ul>
<b>2:55PM</b>	<b>BREAKOUT BLOCK II: LEADERSHIP &amp; SKILL BUILDING</b> <ul style="list-style-type: none"> <li>• <i>Afghans &amp; Media: Are We Doing it Right?</i></li> <li>• <i>Building Generational Wealth</i></li> <li>• <i>Building Your Career &amp; Climbing The Ladder</i></li> <li>• <i>Emotional Intelligence: How Understanding Your Feelings &amp; Emotions Will Lead to Success</i></li> <li>• <i>Navigating Gender Bias: Breaking Barriers, Driving Change</i></li> <li>• <i>Pursuing Advanced Academic Degrees</i></li> <li>• <i>Starting, Managing, &amp; Growing Your Own Company</i></li> <li>• <i>Striving for &amp; Maintaining Work-Life Balance</i></li> <li>• <i>Writing Afghan Futures</i></li> </ul>

<b>4:20PM</b>	<b>BREAKOUT BLOCK III: SPEED NETWORKING GROUPS</b> <ul style="list-style-type: none"> <li style="width: 50%;">• <i>Arts &amp; Media</i></li> <li style="width: 50%;">• <i>Law, Government, &amp; Policy</i></li> <li style="width: 50%;">• <i>Consulting &amp; Project Management</i></li> <li style="width: 50%;">• <i>Medicine &amp; Healthcare Professionals</i></li> <li style="width: 50%;">• <i>Education, Nonprofits &amp; Philanthropy</i></li> <li style="width: 50%;">• <i>STEM</i></li> <li style="width: 50%;">• <i>Finance &amp; Entrepreneurship</i></li> <li style="width: 50%;">• <i>Tech</i></li> <li style="width: 50%;">• <i>Other Industries</i></li> </ul>
<b>5:30PM</b>	<b>BREAK/ASR PRAYER</b>
<b>5:50PM</b>	<b>COHORT MEETING II: FRIDAY DEBRIEF</b>
<b>6:50PM</b>	<b>REGIONAL DINNERS</b> <ul style="list-style-type: none"> <li>• <i>Between &amp; Beyond Coasts</i></li> <li>• <i>DMV</i></li> <li>• <i>NorCal</i></li> <li>• <i>SoCal</i></li> <li>• <i>Tri-State</i></li> </ul>
<b>8:20PM</b>	<b>EVENING PLENERY</b> <ul style="list-style-type: none"> <li>• <i>Keynote Speech</i></li> <li>• <i>Closing Remarks</i></li> </ul>
<b>9:00PM</b>	<b>FRIDAY END</b>



**Saturday: Rooted in Reflection**

JUNE 24, 2023

GEORGE WASHINGTON UNIVERSITY, WASHINGTON D.C.

**9:00AM**

**REGISTRATION**

**10:00AM**

**MORNING PLENARY**

- *Opening Remarks - Executive Address*
- *S.E.E.D. Talk*

**10:55AM**

**GROUP PHOTO**

**11:25AM**

**BREAKOUT BLOCK IV: COMMUNITY**

- *Healthy Boundaries with Family*
- *Healthy Romantic Relationships*
- *Learning About & Supporting Our Hazara Community*
- *Murals of Resistance: Exploring Contemporary Afghan Art*
- *Muslim in America: Strengthening Faith*
- *The Rise of Internet Culture: Activism, Toxicity, and Navigating Digital Spaces as Afghans*
- *Understanding Generational Trauma*
- *Wellness Check: Mental Health, Self-Care, & Boundary-Setting*

**12:45PM**

**LUNCH/DUHR PRAYER**

**1:45PM**

**BREAKOUT BLOCK V: DIASPORA DIALOGUES**

- *Connecting with & Supporting Our Elders*
- *Gender Dynamics*
- *Independence Day: Navigating Life Away From Family (Before Marriage)*
- *Living Life Across Cultures & Faiths*
- *Multi-Hyphenated Me: Identify Factors & Impact*
- *Sibling Dynamics*
- *Spirituality: All Paths Lead to Love*

**3:10PM**

**BREAKOUT BLOCK VI: BRAVE SPACES**

- *afgLGBTQ+*
- *Body Positivity*
- *Burnout, Vicarious Traumatization, & Secondary Trauma*
- *Ethnic & Religious Minorities*
- *Giving Ourselves Grace to Grieve*
- *Impacted by Incarceration: Personally or Loved Ones*
- *Invisible & Visible Disabilities*
- *Making Space for Atheist & Agnostic Afghans*
- *Stigmas of Addiction in the Afghan Community*

**4:25PM**

**BREAK**

**4:35PM**

**COHORT MEETING III: SATURDAY DEBRIEF**

**5:15PM**

**INTERMISSION/ASR PRAYER**

**6:30PM**

**BANQUET**

- *Opening Remarks*
- *Dinner*
- *Performances*
- *Group Attan*

**10:20PM**

**SATURDAY END**



**Sunday: Rooted in Restoration**

JUNE 25, 2023

GEORGE WASHINGTON UNIVERSITY, WASHINGTON D.C.

9:00AM

REGISTRATION

10:00AM

MORNING PLENARY

- *Opening Remarks*
- *S.E.E.D. Talk*

10:45AM

BREAKOUT BLOCK VII:  
CIVIC ENGAGEMENT

- *Community Organizers: Building a Moment into a Movement*
- *How to Help Newly Arrived Afghans Navigate the Immigration System*
- *Newly Arrived Afghans: Response & Support*
- *Practical Strategies for Accessible Mental Healthcare*
- *Responsibility to Our Homeland*

12:00PM

GENDER CAUCUSES

*Gender Caucuses are designated safe spaces for each respective group. Our goal is to have authentic discussions about taboo topics in each caucus. The conversations will remain within that space to encourage open, honest dialogue without fear of judgment.*

- *Beyond Binary*
- *Men*
- *Women*

1:30PM

LUNCH/DHUR PRAYER

2:45PM

TOWNHALL:  
NURTURING YOUR ROOTS:  
COMMUNITY HEALING

4:05PM

BREAK

4:20PM

COHORT MEETING IV: REFLECTIONS &  
FAREWELLS

5:10PM

CLOSING CEREMONY

- *What's Next*
- *Gratitude*
- *Closing Remarks*

5:30PM

CONFERENCE CONCLUDES