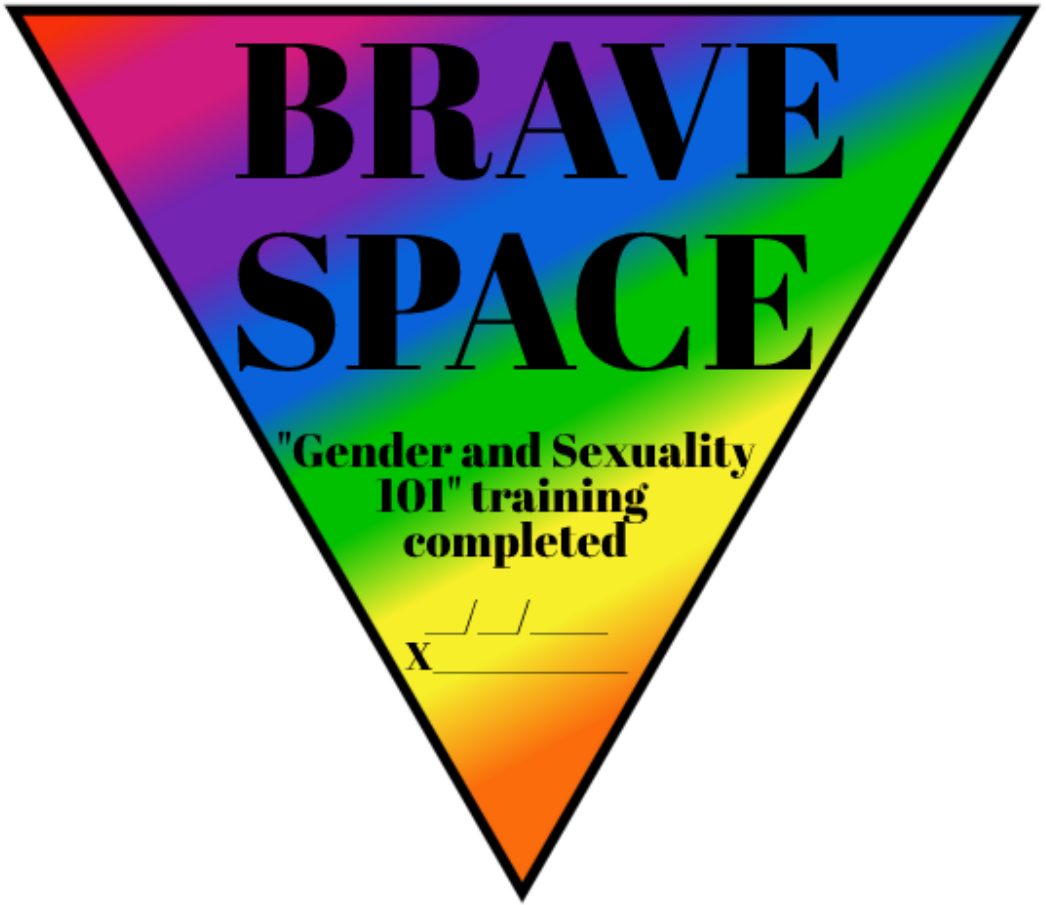
What is Regis's "Brave Space" training?

The Brave Space training is a 3-hour workshop modeled after the Safe Zone programs common at colleges across the country. Our training curriculum was developed by Regis faculty, staff, and students to meet the needs of our particular community and to incorporate our Jesuit ideals of cura personalis and care for the marginalized and oppressed. The training includes self-reflection and self-exploration, terminology practice, empathy-building, and case scenario role-playing. At the end of the training, participants receive a rainbow triangle “badge” that they can put on their office door to signal that they have completed the training.

Queer Resource Alliance

Regis University

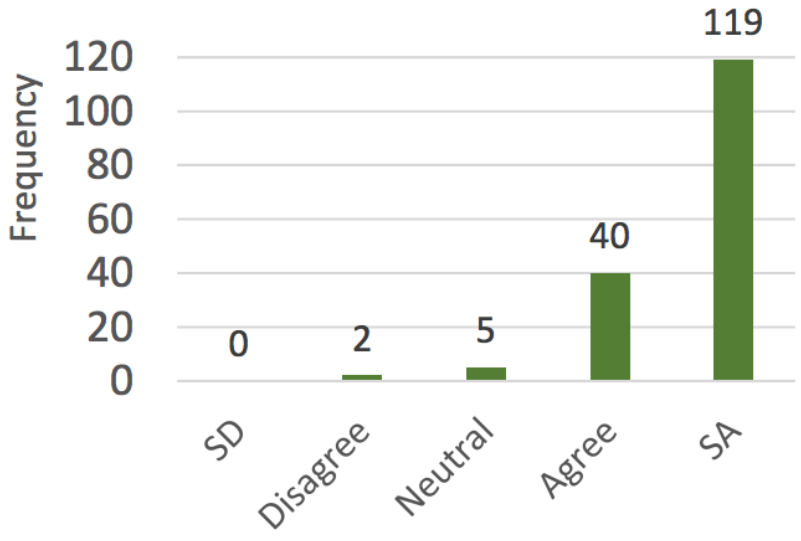


Training Agenda

1. Welcome and Community Agreements
2. Exploring Self, Privileges, and Biases
3. Exploring Socialization and Messages about LGBTQIA+ People
4. Terminology
5. Coming Out Stars
6. Break
7. Panel
8. Case Scenarios and Role-Playing
9. What Does an Ally Do? discussion, signing of the pledge, and evaluation survey

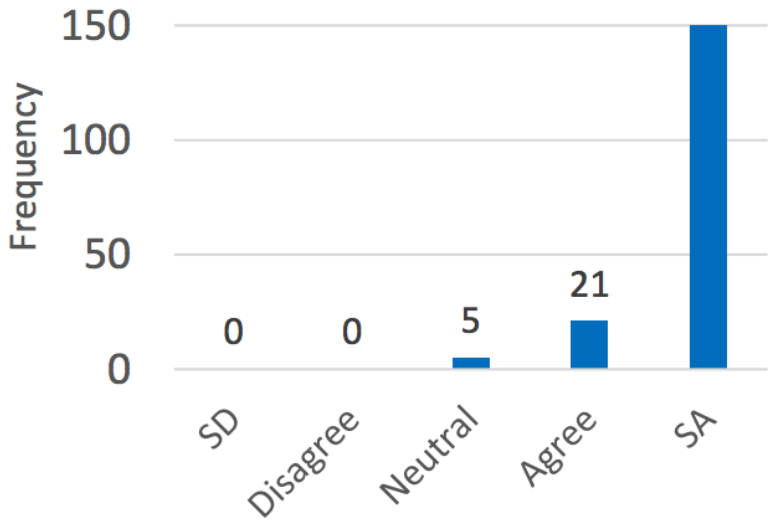
I have a better understanding of issues of privilege related to homophobia, transphobia, and heterosexism

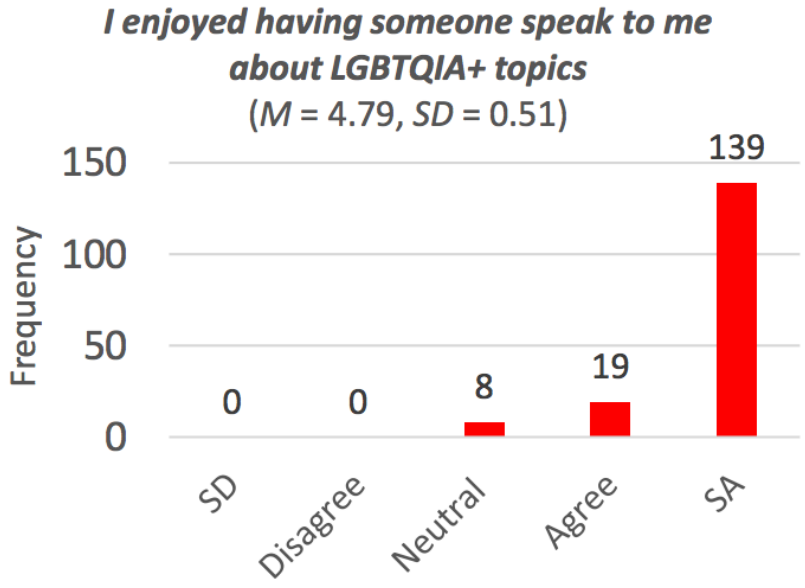
(*M* = 4.66, *SD* = 0.60)

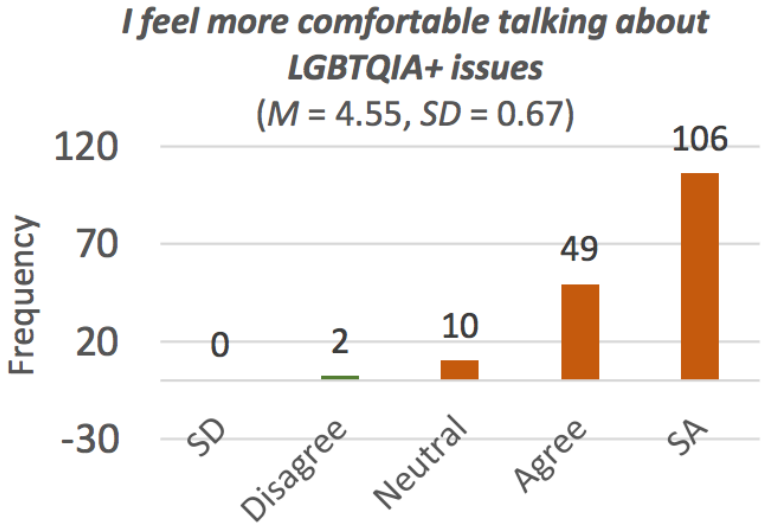


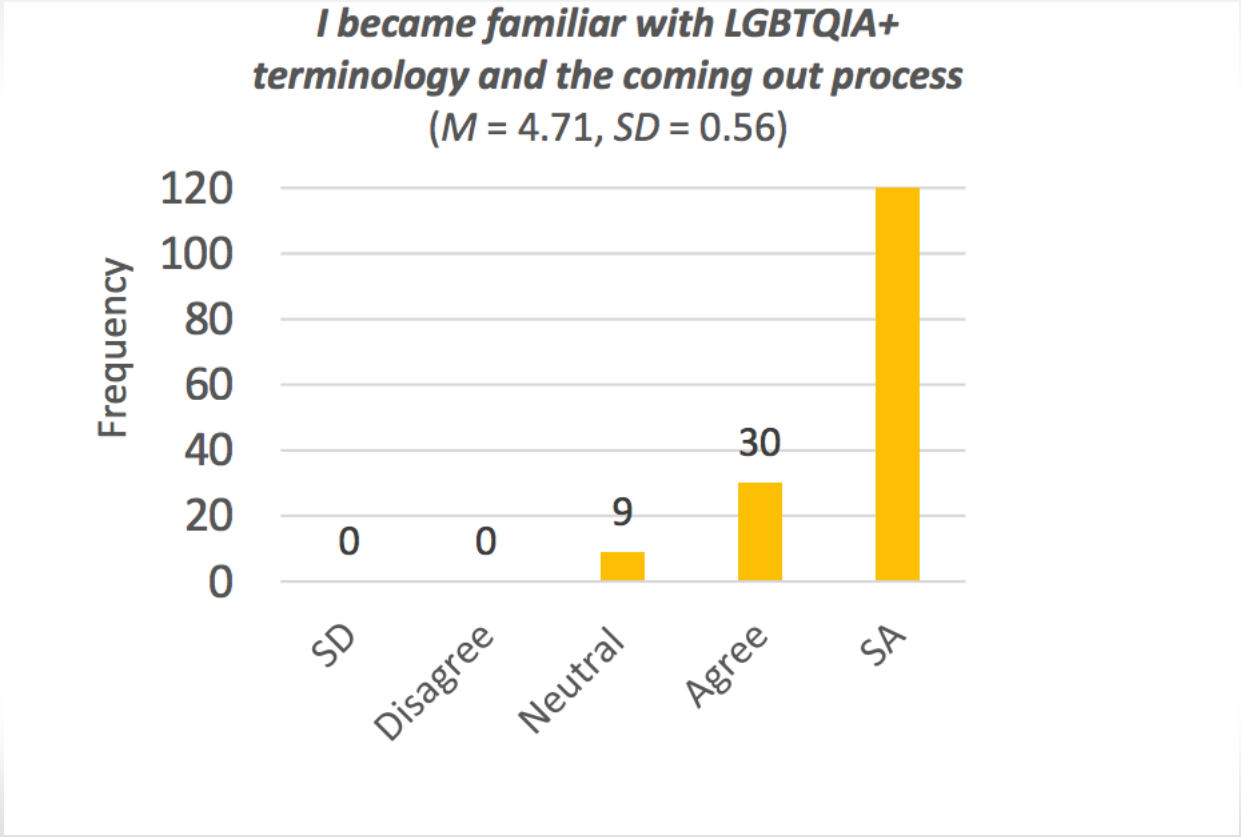
I will apply the training I received today

(*M* = 4.81, *SD* = 0.46)




I enjoyed having someone speak to me about LGBTQIA+ topics
(M = 4.79, SD = 0.51)
Frequency
150
100
50
0
0
0
8
19
139
SD
Disagree
Neutral
Agree
SA


I feel more comfortable talking about LGBTQIA+ issues
(M = 4.55, SD = 0.67)
Frequency
120
70
20
-30
0
2
10
49
106
SD
Disagree
Neutral
Agree
SA


I became familiar with LGBTQIA+ terminology and the coming out process
(M = 4.71, SD = 0.56)
Frequency
120
100
80
60
40
20
0
0
0
9
30
SD
Disagree
Neutral
Agree
SA

Marnie Walsh reviewed Diversity at Regis — 5★

September 27 at 12:01 PM ·

On September 14, I participated in a Brave Space Training hosted by the Queer Resource Alliance at Regis University. I learned about important changes in terminology and had a surprisingly emotional reaction to one of the exercises. There was a lot to cover in the agenda, so it was fast-paced. Still, the trainers were able to give us time for reflecting, sharing in small and large groups, asking questions, and supporting each other. I highly recommend the program!
-Marnie Walsh
Preferred pronouns: she/her/hers
Affiliate Faculty, Nonprofit Management
Anderson College of Business
Regis University