



## Topic: Personal and Collective wellbeing as (Rest)itution

**Date:** Thursday 25 May 2023

**Time:** 10h00-12h30

**Venue:** SU Museum, Ryneveld Street, Stellenbosch

**Facilitators:** Ayanda Nyoka and Dr Wilhelm Verwoerd

**To RSVP and book your place simply email Grizelda Adams of the Transformation Office on [grizelda@sun.ac.za](mailto:grizelda@sun.ac.za) Please also advise of any accessibility needs you require**

The Restitution Statement of 2018 highlights the need for Stellenbosch University to engage in deep transformative work to foster an inclusive institutional culture. Institutional responses to transformation often pay little attention to the ways in which exclusionary institutional cultures inflict psychological harm to individuals and groups who are on the receiving end of such violence. The expression "I can't breathe" evoked by the cultural moment

of Black Lives Matter provides a powerful literal and metaphoric expression of the psychological harms resulting from exclusionary violence. This calls on institutions to mainstream personal and collective wellbeing in their strategies of resistance and inclusion. At the core of this workshop is an exploration of self-care and community care practices to cultivate personal and collective wellbeing as a transformative practice.



**Ayanda Nyoka** is a conflict transformation practitioner, her work over the past 10 years has focused on policy and dialogue processes for racial reconciliation in South Africa. She currently facilitates intergroup dialogue processes and storytelling circles. She holds an Mphil in Religion and Culture (Cum laude) from Stellenbosch University.



**Dr Wilhelm Verwoerd** a former researcher within the South African Truth and Reconciliation Commission and peace practitioner in (Northern) Ireland. Wilhelm is devoted to (re)humanisation/reconciliation in contexts of deep political division. His main research interests include the (incomplete legacy of the) South African Truth and Reconciliation Commission; shared historical responsibility of white South Africans for apartheid and colonialism; relational processes to transform (white) resistance to social justice in post-1994 South Africa; embodied spirituality of authentic reconciliation.