

Healing Our Racial Divide: The Truth Will Set You Free with Diana Roman

Warrior Arise! Podcast [Show Notes]

The mission of the Warrior Arise! Podcast is to inspire, empower, and equip you to think, feel, and act like the powerful Warrior you are so you can Live and Lead bravely, freely, and authentically in your unique purpose and destiny. In each episode, I'll impart hope, passion, and wisdom from my own journey from struggling, striving, and surviving to thriving. You will glean my expertise as a highly sought-after therapist and coach for more than a decade. You'll also hear vulnerable, authentic conversations with fellow Warriors who will share their stories of living in and leading with courage, freedom, and authenticity in a passion fueled and purpose centered life.

As a result, you will awaken to your true essence and power and uncage from patterns of thinking and behaving that hinder you so you can live in deeper satisfaction and soar to next level success in life, work, and business! Victory and prosperity are our inheritance. Promised land living is your birthright. As Warriors, we must claim ownership and step into what is ours to possess.

Wisdom from a white woman about racial healing like you've never heard it before. Diana Roman is a direct descendent of the largest slave-owning family in United States History, and after a life-changing discovery, she founded and is a co-trainer of Diversity Dialogues, an organization focused on race in America and practical solutions to enable racial healing. In this episode, Connie dives into the hard questions regarding racial division and how to heal. Diana shares enlightening details of our country's history with racial trauma and transformational truths that will ignite our healing.

During our conversation, Diana:

- Walks us through her life journey and how her passion for healing racial division began.
- Enlightens us about the true realities of our racial conflicts and struggles and the healing that we all need.
- Shares her passion for her organization's unique style of training that heals and resolves our racial divide.

Diana is the founder and co-trainer of Diversity Dialogues, an organization focused on training change agents to rise to the challenge of contributing positively to a multicultural America. Their curriculum focuses on race in America and practical solutions to enable racial healing. She is a direct descendent of the Hairston family, which is the largest slave-owning family in US history. Her passion for diversity and inclusion was born out of her own reconciliation with her family's past along with a better understanding the legacy slavery has created and how she can help the healing process.

Formerly, she was a marketing and international business development professional with a long career at Proctor & Gamble in commercial business development. She managed major customers including McDonald's, Chick-fil-a, Dunkin' Donuts, and Westin. While based in Singapore, she managed the Global Exports Marketing Division that launched products in 12 major Asian markets. While at Z Group, she developed brand strategies for Disney + Fox Network and provided key data insights on the team that developed the winning election strategy for Mexican president Vicente Fox.

Quotes from this Episode

"We confuse sympathy with empathy." — Diana Roman

"We have to allow the truth, and then we have to be willing to sit with each other and the pain, and then we have to learn to forgive." — Diana Roman

"I think the biggest lesson that I can teach people is don't look for an external solution to this problem." — Diana Roman

"If you really research that, race is not real, race is a manmade construct, it's not a real thing." — Diana Roman

"We also have to recognize that we are one race, we live collectively with each other." — Diana Roman

"It's such a better world when we are connecting and loving and forgiving than when we are hating and accusatory and judging." — Diana Roman

Resources:

Website:

<https://diversitydialogues.net/>

<https://ourblackancestry.com/>

<https://www.hairstonfamilygenealogy.com/>

LinkedIn: <https://www.linkedin.com/in/diana-roman-b690b737/>

Golden Timestamp:

9:29-10:34 - Talks about the reactions she get when she started sharing her voice for healing racial division and the progress as time passed by.

52:11-52:37 - Talks about how she does the training for diversity dialogue.

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