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Our Beauty Matters: Workshop

The Our Beauty Matters seminar was sponsored by the Our Beauty Matters Organization. This organization is a non-profit organization centered on helping African American women realize their full potential and beauty. This seminar focused on re wiring our thought process of beauty. There are numerous stereotypes associated with beauty. At the beginning of the workshop we were asked to have an open mind and not share any information shared in the setting outside of the workshop. The creators of the seminar taught us what true beauty meant. Beauty is not skin deep. The creators also posed a question “What does beauty mean to you?” My definition was “one’s outer appearance added with their inner values.” Although my definition is decent, beauty does not have to be judged by the outer appearance. The leaders of the seminar taught us that beauty comes from the inside out.

We began to speak on other topics. We talked about how social media separates the African American group as a whole. We talked about how society separates light skin tones from dark skin tones. We also talked about how society stereotypes and labels hair types, body frames, height, and weight.

Over all the seminar was an amazing experience. There was open communication, discussion, and fun. This seminar taught me how to value my own beauty and not to depend on the judgement of others. I hope to attend more seminars or workshops in the future.