

## Tania Israel's Presentations and Workshops on Navigating Political Division

### Realizing the Promise of Higher Education in a Divided World

These are troubled times as colleges grapple with political attacks on higher education, culture wars, and battles over free speech. Distress and discord tax faculty, staff, and administrators and impede students' ability to achieve educational and developmental goals. How can colleges achieve the promise of higher education while facing these challenges? Is it possible that current strife offers an opportunity to promote inquiry, support wellness, prepare students to be engaged citizens, and address historical injustices? Grounded in evidence, experience, and a lifetime in higher education, Dr. Israel offers vision and strategies to help colleges embrace the potential of this moment.

### All I Need to Know About Political Conflict, I Learned From *The Wizard of Oz*

Roiled by social media algorithms, provocative news, and clashing politicians, Americans are experiencing increased stress and interpersonal conflict. Appeals to elected officials, demands for media reform, and calls for "the other side" to change their tactics reveal frustration and paralyzing disempowerment. Drawing on a familiar and imaginative narrative, Dr. Israel takes her audience on a journey down the yellow brick road to help them navigate the challenges of living in politically polarized times. Attendees will gain knowledge, skills, and motivation to strengthen their individual capacity and perhaps even to repair our ruptured country.

### Navigating Political Division: A Roadmap for Educators

These are challenging times. Schools are on the frontline of the culture wars with contested ground from history to pronouns. Educators struggle to cultivate welcoming learning environments amid competing pressures from anti-DEI forces and social justice advocates. Distress and discord tax the emotional resources of students and staff. Leaders field demands related to policy and public statements. This program will offer perspectives and strategies to help educational professionals navigate the trials of political division. Dr. Israel's approach will leave you informed, optimistic, and empowered to take action.

### Why Dialogue Isn't Enough to Navigate Division

Living in turbulence and polarization takes a toll on, not only on our relationships, but also on our mental health, our communities, and our democracy. Although dialogue is an important tool, it is insufficient to tackle the myriad challenges presented by a divided society. Dr. Israel will demonstrate how to build healthy habits for engaging with news and social media, combatting cognitive biases, and building resilience. These tools build a foundation, not only for conversation, but more important, for genuine connection and collaboration.

### Mending a Divided Nation

The United States seems anything but united these days. Government, communities, and families are roiled by polarization and appear to be coming apart at the seams. How can we refine our understanding of the current landscape, strengthen our skills, and engage effectively in order to remedy a divided society? Dr. Israel will apply psychological tools and evidence to guide you on a path toward civility, collaboration, and commitment to the common good.

### Chasm and Connection: A Therapist's Guide to Navigating Turbulent Times

In politically divisive times, therapists may encounter considerable client distress about division even as they grapple with discord in their own personal and professional contexts. How can mental health professionals support clients, manage their own responses to ideological differences, and perhaps even heal interpersonal and societal ruptures? Drawing on psychological science and skills, Dr. Israel offers vision and strategies to help therapists rise to the challenge of this moment.

**If You're Not Listening, You're Not Paying Attention: Dialogue as a Tool for Social Justice Advocacy**  
"If you're not outraged, you're not paying attention" is a rallying cry in social justice circles. Indeed, there is plenty to be outraged about, however, outrage has its limitations, and prolonged outrage takes a toll on health. Science points to listening as an effective tool for collaboration, persuasion, and organizing. In this presentation, Dr. Israel harnesses psychological theory and research to offer a blueprint for dialogue-based social justice advocacy.

### **Bridging the Political Divide: Optimism for Moving Beyond Polarization**

Political polarization in the U.S. is at a record high. As anger, fear, distortions, and social media drive the wedge ever deeper, what hope is there for maintaining connection within families, friendships, workplaces, and communities? Dr. Israel can offer solutions. Grounded in evidence, experience, and skills, she will share practical and research-based strategies to help bridge the political divide. Her approach to building understanding will leave you informed, optimistic, and empowered to take action.

### **Beyond Your Bubble: Skills and Strategies for Dialogue Across Political Differences**

#### **Workshop (2 hours)**

It can be difficult to bridge the political divide. How do we talk with people who hold political views that are different from our own? Is there a path forward, out of conflict, toward understanding and healing? In this interactive workshop, Dr. Tania Israel will prepare attendees to engage in dialogue by helping them to build skills for listening, managing emotions, developing accurate perceptions of others, and sharing their views. This program uses an active-learning format and can be delivered in person or via Zoom, with demonstrations, mini-lectures, polls, discussion, and role plays. People of all political persuasions can benefit from this program.

Fee: \$16,000 (Standard)/\$8,000 (Discounted Government, Non-profit, & Education Fee)

Number of attendees: up to 100

### **Bridging the Political Divide with Integrity and Grace**

#### **Keynote/Sermon (20 minute talk + up to 30 minute discussion)**

As country, communities, congregations, families, and friends struggle with political polarization, human connections have become strained or ruptured. How might such divisiveness hinder spiritual aspirations, and how can integrity and grace guide us through political conflict? Dr. Israel draws on psychological and religious perspectives to shed light on righteousness as a path to connection across political difference.

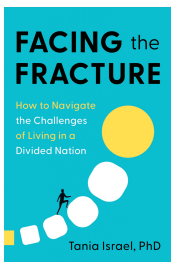
Please submit any requests, including tailored content, virtual presentations, or reduced rate programming, through Dr. Israel's [speaker inquiry form](#). Please provide equitable compensation if the quoted fees are lower than your organization's standard rates. Information about upcoming public appearances is available on this [website](#). Learn more about [Dr. Israel's work on dialogue across political differences here](#). View her [speaker reel here](#).

## About Tania Israel



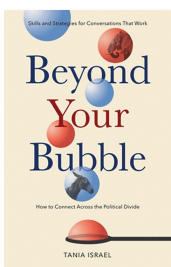
Tania Israel is a Professor Emeritus of Counseling Psychology and award-winning author of [\*Beyond Your Bubble: How to Connect Across the Political Divide\*](#) (APA, 2020) and [\*Facing the Fracture: How to Navigate the Challenges of Living in a Divided Nation\*](#) (Greenleaf, 2024). Dr. Israel's work on political division has been received enthusiastically by professional conferences, corporations, campuses, political organizations, and faith communities. She has shared her expertise with the TODAY show, the *New York Times*, the *Washington Post*, NPR, and dozens of other media outlets. Her TEDx talks include: [\*How to Win a Political Argument\*](#) and [\*What Halibut Fajitas Taught Me About Bridging the Political Divide\*](#). Dr. Israel has facilitated educational programs and difficult dialogues about a range of topics, including abortion, law enforcement, religion, and sexual orientation. She has received honors from Congress, the California State Legislature, and the American Psychological Association.

## Resources for Navigating Political Conflict



A valuable resource that demonstrates how individuals can cope with the political divide, showing readers how to reduce toxic input from media, manage polarizing feelings, and engage effectively with others.

*"This book is a master class for every American exhausted by toxic division and looking for a way out. Dr. Israel offers a refreshingly even-handed look at the challenge and empowers us with practical tools that quickly build resilience, strength, confidence, and hope." ~ PEARCE GODWIN, founder of Listen First Project*

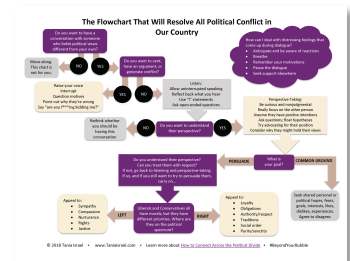


This practical, politically neutral book offers concrete skills for holding meaningful conversations that cut across today's intense political divide, showing readers how to connect to the people in their lives.

*It is important to have realistic expectations for those who hold radically different views... discusses strategies for connecting across the political divide. ~ The New York Times*

### The Flowchart That Will Resolve All Political Conflict in Our Country

I created the flowchart to help people make intentional decisions about whether they want to engage in dialogue and, if so, how to do so effectively. It's available for download at [taniaisrael.com](http://taniaisrael.com).



## Media & Press

### Print & Online

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The New York Times

**HUFFPOST**

Psychology Today

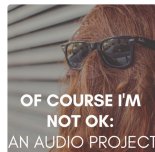
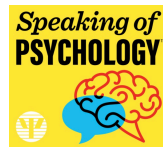


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### Headshots

[www.TaniaIsrael.com/headshots](http://www.TaniaIsrael.com/headshots)

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### Pronouns and Pronunciation

Pronouns: she/her/hers

Pronunciation of Tania: tAH-nyuh (rhymes with lasagna)

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