



Ashanti Branch: unMASKing Healthy Relationships



Ashanti Branch is the founder of the Ever Forward Club and works to change how students, especially young men of colour, interact with their education and how their schools interact with them. By sharing his own upbringing and life story, experience the work it takes to unmask healthy relationships, be vulnerable with your community, and lead with your authentic and genuine self.

TOP EMBODIMENT TIP: Lead from the heart!

Embodying “Being a Man”: **The Responsibility of Being Your Authentic Self**

- Growing up, Branch had a hard time fitting the tight mold and implications of what it meant to “*be a man*”.
- We are only responsible for experiencing life through our authentic selves, not necessarily what others envision for us.

Overcoming Obstacles: **Some of our obstacles are hidden from the forefront**

- One of Branch’s students ran late to class everyday. Branch later found out that this student had to walk an extra 2 miles to school because he was avoiding gangs.
- Many times, people’s personal obstacles prevent them from reaching their potential. Those obstacles may not be visible unless we get to know them personally, which requires vulnerability.

“Look at the Beauty of Dead Things”: **Notice Grief and Loss**

- Invite the practice of fully accepting your grief, trauma, and loss. There is beauty in the acceptance.
- When you are ready, share your experience with someone you trust.

Tell Your Story: **Be Vulnerable and Gain Trust From Your Community**

- By being vulnerable, friendly and building connections with your students, family, peers, etc, you will be able to gain their trust.

Resources

- ❖ **Documentary:** [The Mask You Live In](#)
- ❖ **Resource:** [Ashanti Branch: Taking off the Mask Resources](#) [_SWAGBAG](#)
- ❖ **Website:** [everforwardclub.org](#), [100kmasks.com](#)
- ❖ **Social:** [@BranchSpeaks](#)
- ❖ **References:** Marc Brackett, Ph.D.



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[Michelle Boulé](#) is a Transformational Life Coach, Healer, and world-renowned and award-winning Dance Artist and Teacher. She is the CEO of a multi 6-figure coaching+healing business, helping compassionate creatives all over the world manifest the lives they desire with more confidence, joy, impact, and alignment towards their truth. Her online group programs, private coaching, speaking, in-person retreats, and teaching draw from over 20 years of practice in somatic therapies, energy medicine, mindset psychology, spirituality, and an award-winning international career in dance. Clients and students praise Michelle for her direct, intelligent, loving, and joyful approach to guiding groups and individuals.

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