

Transcript

Episode 00: Trailer

Rosie: Hello! Thanks for checking out the Changing Lenses Podcast. We step into the lives of people on the front lines of discrimination, racism, and exclusion; we see the world through their eyes; and we hear their personal story of their fight for social justice.

I'm your host, Rosie Yeung, a Chinese-Canadian, immigrant, cis-straight female, with invisible disabilities. I've personally experienced discrimination and exclusion, and I've also been complicit in it against others. I started Changing Lenses in 2020, when I was looking for ways to make the change I wanted to see.

What I discovered, were some amazing people who were doing work I never imagined. People fighting not just for the homeless, but to make housing affordable through de-commodification. Racialized women executives standing up to their Board of Directors. Recovering substance abuse patients pushing for more mental health supports at work.

We explore all this and more in the first season, episodes 1 to 10, which was also my first ever attempt at making a podcast, and entirely self-produced at home during COVID lockdown.

From episode 11 on, we're diving deeper.

Because discrimination and racism aren't the only obstacles to justice, equity, diversity and inclusion or JEDI for short. The lens through which we see the world are coloured by colonialism, elitism, and capitalism. And if we don't know what lens we wear, we're actually prisoners to it.

The good news is, we can change our lens. And when we do, we become free - to see differently, think differently, work differently, and live differently.

So as you listen to each episode, you'll gain new lenses to see through. You'll see how business and profit intersects with inequity and exclusion. You'll understand the nuanced identity of multi-cultural, non-binary diversity. You'll hear radically new ways of thinking and doing that challenge centuries-old status quo.

Now get ready. Strap in. JEDI is a long journey, with lots of bumps along the way. These conversations are meant to feel challenging and uncomfortable, to push us out of our social bubbles and expose the things we've been blind to. They're also meant to be a safe place to learn, understand, and grow. And the conversation is not just one way - we want to hear from you! Tell us what you think; share your own experiences; ask your questions. We're learning alongside you, and when we journey together, we go further.

So do you want to see social change happen? Then please join us in Changing Lenses.

You can find free JEDI resources and ways to get in touch on my website, changinglenses.ca; and on Instagram @rosieyeung_jedi. And you can subscribe to this podcast wherever you like to listen.

Before you go - I want to acknowledge the land I'm recording on.

Each episode is hosted on colonized land that was taken from many Indigenous nations, including the Anishinaabe, the Huron-Wendat, and the Haudenosaunee Confederacy. I seek Truth and Reconciliation with First Nations, Inuit and Métis people of Turtle Island, and I call upon us all to decolonize our thinking, not just our systems.

Now please - enjoy the episodes.