



Amplifying Youth's Voices: Navigating

Feelings in the Pursuit of Social Justice

Nathalie Caycedo & Kasha Deese

SER-KALLAI

PRIME TIME PALM BEACH COUNTY AFTERSCHOOL SYMPOSIUM 2025

Empowering Young Minds, Engaging Communities, Creating Lasting Impact

#AfterschoolSYM2025



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A Quick Intro About Us



NATHALIE CAYCEDO, MBA

SERKALLAI's Executive Director

Emotional Intelligence (EQ) Coach, Certified EQ Emotional Intelligence (EQ) Coach, Certified EQ Facilitator, Assessor, Brain Profiler & Practitioner.

Freedom, to me, is the voice in my native tongue, daring to err, seeing the world differently, and embracing others with kindness and love.



KASHA DEESE

SERKALLAI's Director of Programs

Emotional Intelligence (EQ) Coach, Certified EQ Facilitator, Assessor, Brain Profiler & Practitioner.

Freedom, to me, is the power to choose wisely, and the grace to let others do the same—with love, compassion and empathy in every step.

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Goals to accomplish

- ☐ Develop emotional awareness as know how to navigate emotions when confronted with social injustice.
- ☐ Understand the importance of emotional intelligence (EQ) in amplifying youth's voices to reframe and navigate social challenges.
- ☐ Create actionable plans to integrate emotional intelligence and social justice into personal and professional practices.



THE FREEDOM WEB

What is Freedom to YOU?

How does it feel, how does it look like, how
does it respond?

Freedom intertwined

Share a situation where you (or someone
close to you) has felt freedom being
respected or violated.



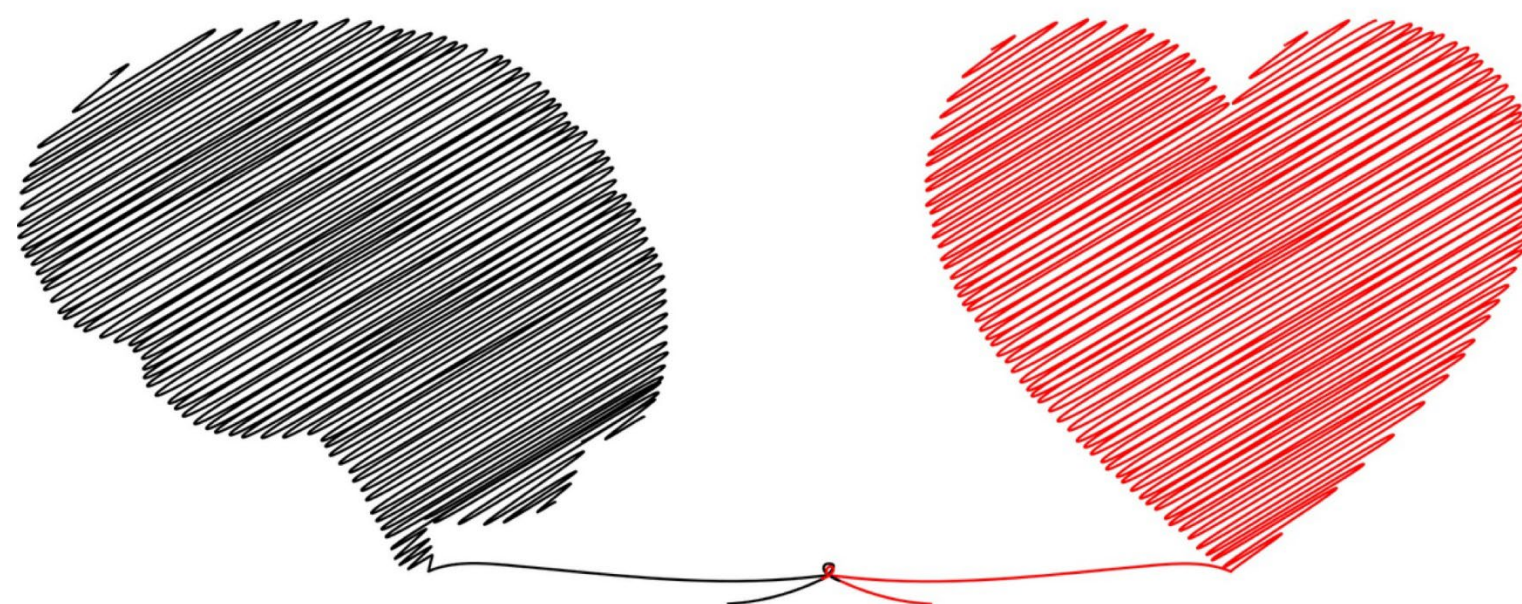
Embrace each response with kindness and
generous listening, despite any opposing
views you may have. **No judgement zone!**



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Emotional Intelligence, Freedom & Social Injustice





Emotional Intelligence, Freedom and Social Injustice

FREEDOM

The absence of necessity, coercion, or constraint in choice or action. *Merriam-Webster Dictionary*

The power or right to act, speak, or think as one wants without hindrance or restraint. *Oxford English Dictionary*

EMOTIONAL INTELLIGENCE

A person's ability to manage their feelings so that those feelings are expressed appropriately and effectively. *Daniel Goleman, PhD in Clinical Psychology at Harvard, pioneer of EI as a concept in his book Emotional Intelligence, 1995.*

SOCIAL INJUSTICE

Pervasive global issue that manifests in unequal access to rights, resources, and opportunities based on factors such as race, gender, socioeconomic status, and nationality. It is rooted in systemic inequalities that favor certain groups while marginalizing others, often leading to discrimination, oppression, and exclusion. *Union of International Associations Encyclopedia of World Problems and Human Potential*

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~~JUDGMENT~~ to CURIOUSITY
~~SYMPATHY~~ to EMPATHY



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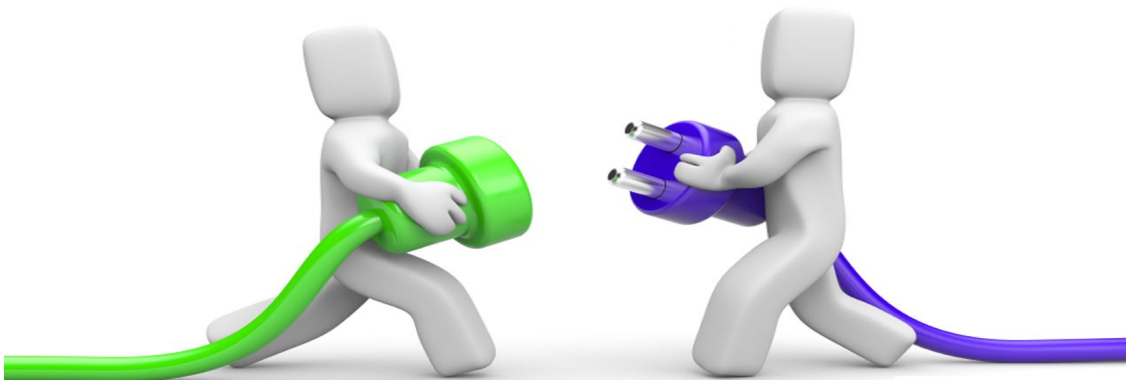
JUDGMENT to CURIOSITY

Judgment	Curiosity
Assumes it knows what's right or wrong	Seeks to understand without assumptions
Closes the conversation	Opens the conversation
Labels behavior or people (“That’s bad,” “They’re lazy”)	Asks why behavior might be happening (“What’s going on for them?”)
Driven by bias or fear	Driven by openness and compassion
Focuses on <i>what’s wrong</i>	Focuses on <i>what’s possible</i>



~~SYMPATHY~~ to EMPATHY

Sympathy	Empathy
Feels <i>for</i> someone from a distance	Feels <i>with</i> someone, joining them emotionally
Often results in <i>pity</i>	Results in <i>connection</i>
Might say: “That’s so sad, I feel bad for you.”	Might say: “I’ve felt that way too. You’re not alone.”
Can unintentionally create a power dynamic	Builds equal, respectful relationships
May avoid discomfort	Stays present, even when it’s hard





Dedicated to Quality Out-of-School Time



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A moment to reflect...



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Goals accomplished

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- ✓ Create actionable plans to integrate emotional intelligence and social justice into personal and professional practices.





Give us your feedback!



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