

MICROAGGRESSION ESSENTIALS WORKSHOP

DESIGNED FOR

Individuals or Teams:

Executives
Directors
Managers
Leaders
Team Members

LOGISTICS

Intensive 4 hours
Onsite or Virtual
3 PDUs
3 SEUs

WORKSHOPS

Two different workshops can be combined to be delivered in the same day.

CUSTOMIZATION

All Ignite Insight + Innovation courses can be slightly customized at an additional cost.

Ignite the path towards equitable teams by gaining skills to identify, assess and respond to workplace microaggressions.

Exceptional innovative results require collaboration. To truly create collaborative organizations, leaders must proactively address workplace microaggressions. Previously, many leaders were not trained nor encouraged to engage in difficult conversations in the workplace. As a result, many inappropriate comments and behaviors have created deeper impediments to delivering value. This course provides leaders the opportunities to build knowledge and skills to examine microaggressions, assess the situation and effectively respond to create healthy team interactions.

TOPICS COVERED

Why responding to workplace microaggressions is essential

- ◇ Explain what microaggressions are and their impact at work
- ◇ Explore the three key steps in responding to microaggressions

How to respond to workplace microaggressions

- ◇ Practice identifying microaggressions
- ◇ Practice analyzing microaggressions for intent and impact
- ◇ Practice assessing the situations of microaggressions
- ◇ Examine key elements of what should be factored into responding to microaggressions
- ◇ Practice responding to microaggressions leveraging different techniques to frame the conversation

Note: This workshop focuses only on one small value of Diversity, Equity and Inclusion. Ignite Insight + Innovation can provide recommendations for additional training options.