
What About Me?

Let's assume that I have unintentionally committed microaggressions.

What have I said, or what could I imagine myself saying?

How would I talk about it?

's PLAN

Spend 5 minutes to create a plan to apply the course concepts

WHO

DATE

WHAT

HOW

3

YOUR PLAN

Imagine that earlier today, you unintentionally committed a microaggression when interacting with a colleague and now realize it. What will you do or say? Plan/script out a practice conversation, that you'll speak out loud to yourself, or have with a friend.

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TRY IT

Acknowledging your microaggression and its impact could be tough. Think about the harm these statements can do. What kind of a colleague do you want to be? Find a friend at work you can practice with, or practice on your own somewhere at your workplace.

TRYING YOUR PLAN

Spend 5 minutes at work putting your plan into action

NOTES

's REFLECTIONS

Spend 5 minutes to reflect on how your plan went

WHAT HAPPENED

WHAT WORKED WELL

IDEAS FOR IMPROVEMENT

5

SPEAKER TIPS

How did it go? What was harder to say? What was easier? How could you improve? Would practicing again help? Talking with a friend?