



Microaggression Training

Removing Subtle Acts of Exclusion at Work

Course Description

This training illuminates the blind-spots and understated actions that individuals, often unknowingly, take that can leave others with an experience of feeling excluded or “not heard”. Left unchecked, microaggressions negatively impact an organization’s culture, disrupts individual/team performance and ultimately obstructs leaders’ capacity to achieve promised business results.

Participants will leave this learning session with new practical approaches to identify and disrupt Subtle Acts of Exclusion in real time.

Outcomes:

- You will discover a new approach to dealing with Microaggressions [Subtle Acts of Exclusion].
- You will discover immediate actions you can take that will leave people with an authentic experience of being included.

Course Outline

- **Understanding Microaggression**
- **The Impact of Microaggression**
- **A New Approach: Subtle Acts of Exclusion**
- **The Practice of Inclusion**
- **Actions to Stop, Start & Continue**