



# Addressing microaggressions in the Workplace **Syllabus**

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## OVERVIEW

This workshop introduces staff to the concept of microaggressions and its impact on individuals and groups in the workplace.

**FORMAT** Face-to-Face or Online

**LEVEL** Advance

**LENGTH** 2 hr, half-day, full-day

**PARTICIPANTS** 8 min, 20 max

**INVESTMENT** From \$2000

## DESCRIPTION

This workshop helps participants understand microaggressions and their impact on the receiver and the workplace. Through practical activities and vignettes, participants explore a range of behaviours to understand how microaggressions can appear in various workplace settings and how to address them to create a psychologically safe workplace for all.

## OUTCOMES

By developing knowledge and skills to identify and address micro-aggressions, individuals are empowered to be upstanders and help create a culturally safe and inclusive workplace.



**Build  
Team  
Cohesion**



**Develop  
Upstander  
Skills**



**Create  
Cultural  
Safety**

## OBJECTIVES

- Impact of microaggressions and everyday workplace experiences of othering and discrimination.
- The difference between being a Bystander vs Upstander in the workplace.
- Creating safety, inclusion and belonging for all in the workplace through deliberate and consistent action.



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