



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 - all staff

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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