

Micro-aggression in the Workplace

Duration (2 academic hours)

Purpose of training

The "micro" in microaggression doesn't mean that these acts can't have big, life-changing impacts. They can, that's why it is so important to address them when you see them and don't act that way yourselves. Microaggressions can be intentional or unintentional. Regardless of intent, these words or actions are often rooted in attitudes and beliefs that exist outside of our conscious awareness and control till we consciously start to recognise their manifestation and find the ways to stop it.

Explore the responsibility of each of us to help maintain an environment free from micro-aggression, by being aware of behaviours and expressions that can offend others and by clearly communicating that offensive behaviour must stop.

Each participant of the training will:

- get acquainted with the concept of micro-aggression;
- understand the different forms of micro-aggression manifestation;
- understand the influence of micro-aggression on personality, team, organization;
- discover practical ways of constructive resistance.

Training program

1. Definition of micro-aggression.
2. Types and forms of microaggressions.
 - ✓ Discussion about the real examples of micro-aggression in workplace.
3. Impact of micro-aggression on personality, team and organization.
4. What can and should managers do?
5. What can and should colleagues do?
6. What can and should a person experiencing micro-aggression do?
7. How to prevent micro-aggression in the organization?
 - ✓ Individual action plan and commitments for further growth.

Giedrė Skupienė - Lecturer, Psychologist, Co-active coach and HR Professional with 20+ years of experience working in international companies and recently developing own consulting business. Training and consultations for companies and educational institutions people



provides knowledge, clarity, leads to answers of important questions, helps to see the possibilities of solutions and gives impetus to apply discoveries in life.

When the heart and head are joint together - wisdom is born. Let's grow together!

More information about my education and experience you can find on my LinkedIn profile:
<https://www.linkedin.com/in/giedre-skupiene-gyvenimoraktas/>

This training will be held on zoom via this [link](#)

Registration to attend the training is via this [link](#)