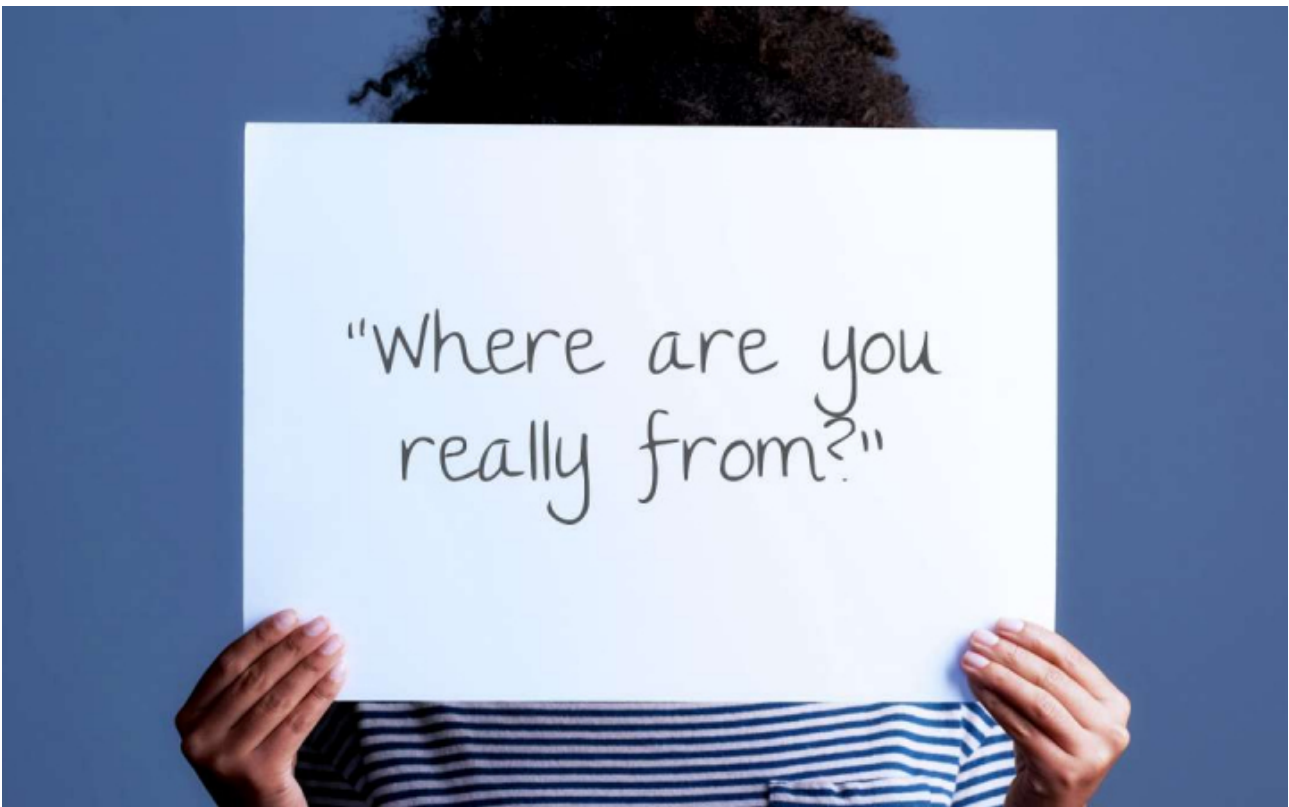




Equality and Diversity UK
www.equalityanddiversity.co.uk

Microaggressions Training Course



The course encourages delegates to learn about microaggressions and what causes them to occur, explore their impact on our interactions with others and increase our awareness of strategies to manage and reduce them.

Microaggressions are an example of subtle, indirect discrimination against marginalised groups. They are small acts of prejudice which expose the speaker's biases and can have negative repercussions on the lives of the recipients.

Microaggressions may not feel significant at the time. They are commonplace interactions that can't always be readily identified as prejudice. This ambiguity puts the person who is on the receiving end of microaggressions in a tricky position as speaking out may be perceived as 'overreacting'.

Feelings of powerlessness can result which can be compounded in the workplace where speaking out may hurt one's reputation.

During this half day course, delegates learn about the impact of microaggressions on our interactions with others and increase their awareness to manage and reduce them in the workplace.

Course Content

- What are microaggressions , and why do they occur?
- The complexity of microaggressions and how they can reinforce inequality
- Becoming aware of how microaggressions affect our interactions with others including ways they can be countered
- Experiences of microaggressions and looking at examples which might have caused them to occur
- Methods for mitigating microaggressions on individual and organisational levels

Delegates will

- learn about microaggressions and what causes them to occur
- explore the impact of microaggressions on their interactions with others
- increase their awareness of strategies to manage and reduce microaggressions

Our Approach

The course will be interactive with group activities, video clips and opportunities for discussion. The training is delivered by an experienced Facilitator who will create a safe virtual environment for open and honest discussions.

Who should attend?

This course is suitable for anyone who wants to improve interactions in the workplace and increase their awareness of the impact of their behaviour, and the behaviour of others.

Who should attend?

- HR professionals
- Managers and team leaders
- EDI practitioners
- Compliance and safeguarding officers
- Anyone committed to fostering a harassment-free workplace

This course is available as an In-House Course, and we also run it regularly as an Open Course

Cost

Half Day Open Course: £295

In House Course: Full day: £895 - Half day: £595

Please see our Costs and Agreement

www.eduk.uk/docs/eduk-costs-and-agreement.pdf