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Micro-aggressions and Micro-affirmations: Awareness in the Workplace [1]

The purpose of the Micro-aggressions and Micro-affirmations: Awareness in the Workplace course is to provide participants with a basic understanding of the impacts of micro-aggressions in the work environment, and to identify ways to address these impacts with kindness and respect.

Micro-aggressions are everyday verbal/nonverbal slights or insults, intentional or unintentional. They communicate negative messages to the target persons and undermine dignity and the capacity for empathy. We can address micro-aggressions and their impacts in the workplace by committing to micro-affirmations -- small acts to communicate that all are welcome, visible, and capable.

Program Level: Basic

Prerequisites: None

Advanced Preparation: N/A

Instructional Method: Group-Live

Instructors:

Recommended CPE Credit: 2.0 Hours

Field of Study: Personnel/Human Resources

Course Objectives:

At the end of the course, participants will be able to:

- Describe micro-aggressions and micro-affirmations;
- Identify their significance from a human “wiring” perspective; and,
- Describe their impacts in the workplace.

In addition, participants will learn techniques for stepping in ... including how to objectively describe a situation, share its impact, and ask questions or make requests to improve it.

Program Policies [2]

NASBA Statement

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Links
[1] https://www.cu.edu/controller/cpe-cpas/course-catalog/micro-aggressions-and-micro-affirmations-awareness-workplace [2] https://www.cu.edu/controller/cpe-cpas-policies [3] http://www.learningmarket.org