

## **Micro-aggressions and Micro-affirmations: Awareness in the Workplace** <sup>[1]</sup>

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:** [Melissa Connell](#) <sup>[2]</sup>, [Lisa Neale](#) <sup>[3]</sup>, [Teresa Ralicki](#) <sup>[4]</sup>

**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** <sup>[5]</sup>

#### **NASBA Statement**

The University of Colorado is registered with the National Association of State Boards of Accountancy (NASBA) as a sponsor of continuing professional education on the National Registry of CPE Sponsors. State boards of accountancy have final authority on the

acceptance of individual courses for CPE credit. Complaints regarding registered sponsors may be submitted to the National Registry of CPE Sponsors through its website: [www.learningmarket.org](http://www.learningmarket.org) [6].



---

**Source URL:** <https://www.cu.edu/controller/micro-aggressions-and-micro-affirmations-awareness-workplace>

#### **Links**

[1] <https://www.cu.edu/controller/micro-aggressions-and-micro-affirmations-awareness-workplace>  
[2] <https://www.cu.edu/controller/melissa-connell-cpe-instructor> [3] <https://www.cu.edu/controller/lisa-neale-cpe-instructor> [4] <https://www.cu.edu/controller/teresa-ralicki-cpe-instructor>  
[5] <https://www.cu.edu/controller/cpe-cpas-policies> [6] <http://www.learningmarket.org>