



# Addressing Microaggressions in the Workplace

1.5 Hours .15 CEUs Course #25326

*Addressing Microaggressions in the Workplace* is a virtual training class where participants can learn about common microaggressions while increasing multicultural awareness in everyday interactions. This course is designed to inform, acknowledge, and improve participant's understanding of microaggressions in everyday life.

## Content includes educating participants with the following topics:

- Definition of Microaggressions
- Examples of Microaggressions
- Implicit and Unconscious Bias in the Workplace
- Understanding One's Responsibility
- Ethnocentrism and Monoculturalism
- Impact of Common Microaggressions
- Discussion of How to Move Forward

## Learning Objectives:

- To increase participant awareness and understanding of microaggressions when relating to people of different backgrounds or marginalized groups. This is a lifelong learning process.
- To increase overall awareness of microaggressions so participants can recognize, interrupt, disrupt, repair, and resolve them when relating to people of different backgrounds or marginalized groups.

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