

how to get the best from this session

when we fail to set boundaries and hold people accountable, we feel used and mistreated

BRENÉ BROWN

1

come with curiosity

we're all trying to muddle through this together and between us we can piece together our different perspectives, skills, knowledge, and experiences to build and broaden our individual and collective understanding. to do this, I would recommend asking why, rather than was that right or wrong...

come with compassion

I encourage accessible participation in these session - so you can take part in a way that you are comfortable. this might feel different from from other online sessions you might have attended - so please join me in supporting people's choices in how they engage in this sessions. I will do my best to make sure everyone gets what they'd like out of the session, so the more you can do to look after yourself and one another, the more that helps me!

2

come with courage

3

there is a reason why you might not have had as many conversations about privilege as you would have liked - this is designed for you be to able to explore allyship and what it means to you. it will take courage - to ask the 'stupid' questions, to use the wrong phrase, to overcome the uncomfortable feeling in the pit of our bellies. if everyone comes with curiosity and compassion, I promise this will become much easier.

getting it 'wrong' is not the same as intentional maliciousness

the safety of the participants and the above conditions for us to debate, challenge and learn are paramount. on the slim chance someone is behaving in a deliberately antagonising way that puts participants (including myself) at risk, I will remove them without warning.

&



making sense of allyship

JUST A CONVERSATION