

# DIVERSITY, EQUITY AND INCLUSION WORKSHOPS

2022 WORKSHOP GUIDE

WorkWell NYC offers free, interactive workshops to NYC worksites on a variety of wellness topics. Our workshops are developed with the unique needs of the NYC workforce in mind. Register for your workshop at [on.nyc.gov/workshops](https://on.nyc.gov/workshops)

## QUESTIONS?

If you have any questions regarding our workshops please contact WorkWell NYC at [workwell@olr.nyc.gov](mailto:workwell@olr.nyc.gov).



## EQUITY AND INCLUSION

### INTRODUCTION TO EQUITY AND INCLUSION

This session aims to support individuals who are new to DEI or are looking to reinforce their knowledge with hands-on instruction. Participate in this introductory workshop to learn the key components of DEI concepts to strengthen these practices in the workplace and beyond.

### LEARNING OBJECTIVES:

- Examine foundational definitions and history related to equity work.
- Unpack unconscious biases through examination of privilege and power through hands-on instruction.
- Strengthen practices of DEI components in personal and professional work.

### DELIVERY:

Virtual or In-person

### SESSION LENGTH:

50 mins

## SAFE SPACES

### CREATING SAFER SPACES: EXPLORING SOGIE (SEXUAL ORIENTATION, GENDER IDENTITY, AND EXPRESSION)

This session is an interactive practice to understand the LGBTQ+ community and how to be more welcoming in the workplace.

### LEARNING OBJECTIVES:

- Increase cultural competency around working with LGBTQ+ colleagues.
- Become more aware to issues that people in the LGBTQ+ community face.
- Increase awareness about communicating with colleagues and clients about SOGIE to create a more inclusive space.

### DELIVERY:

Virtual or In-person

### SESSION LENGTH:

50 mins





## IMPLICIT BIAS

### UNDERSTANDING AND MINIMIZING IMPLICIT BIAS

What is bias? How does it impact our ability to work together and create inclusive workspaces? This session will introduce foundational concepts of implicit bias, where they come from, and how they impact us.

### LEARNING OBJECTIVES:

- Develop a foundational understanding of implicit biases.
- Understand how implicit biases impact our lives and behavior.
- Discuss strategies for minimizing biases in our work and personal lives.

### DELIVERY:

Virtual or In-person

### SESSION LENGTH:

50 mins

## CREATING EQUITY

### RESPONDING TO RACISM (SELF-CARE AS AN ACT OF EQUITY)

This session will introduce foundational concepts of implicit bias, where they come from, and how they impact us.

### LEARNING OBJECTIVES:

- Explore the types of racism and ways to mitigate them.
- Build an understanding of workplace practices that can facilitate or hinder antiracism.
- Discuss ways to educate and protect oneself as part of antiracist practice.

### DELIVERY:

Virtual or In-person

### SESSION LENGTH:

50 mins

