

HOW TO ENGAGE with Empathy & Humility



We all come from different backgrounds and experiences. Let's be open to learning from each other and growing from our mistakes.



Practice active listening by focusing on what others say, not just preparing a reply. This is a space to reflect on shared experiences, even if they challenge your views.



When contributing, share your experiences and thoughts rather than generalizing or speaking for others.



Mistakes and misunderstandings happen. Assume it wasn't intentional, but also take responsibility if your words impact others negatively.



Conversations about identity and allyship can be uncomfortable, but lean into the discomfort, knowing this is a space to challenge biases and expand perspectives.

REMEMBER: IT'S OKAY TO DISAGREE, BUT DO SO IN A WAY THAT ENGAGES WITH THE IDEA, NOT THE PERSON.