

## What employees are saying about the **Workplace Inclusion** workshop!

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- *It really made me evaluate my impact on the team and how I can make that a really favorable impact. **It really got me thinking!***
- *I learned that we are largely unaware of judgments we make every moment based on information gathered over all our years that we don't even know is retained in our unconscious.*
- ***The whole training was lively, fun, invigorating even.** High praise for training! The video exercise was fascinating, and I'm still asking myself questions about it.*
- *To be ever mindful of others and their possible differing beliefs and backgrounds, as these differences could lead to us seeing the same thing in a different light.*
- *Diversity in the workplace is a reality and change is inevitable.*
- *Washington County is supportive of inclusion and taking clear steps to ensure there is conversation around the topic.*
- *The session was focused on self-awareness, a necessary first step toward becoming personally conscious and it opens the door for developing cognitive flexibility. Recognizing that we all have biases and filters and analyzing our own is a necessary step in becoming responsible for the decisions we make and the actions we take.*
- ***I liked the definition of empathy - "putting yourself into the cultural imagination of another person".***
- *The trainers had a good sense of humor and seemed to really be enjoying themselves, which made the training more fun.*
- *I appreciated their presentation of thought-provoking measures for analyzing our own personal unconscious biases.*
- *Carol and April were fantastic! Not only did they make a subject that has the complete potential of being a very dry topic and made it interesting and upbeat. I took several valuable and key pieces of information from their presentation that will open my eyes to some things I was missing / didn't know about myself thanks to the time spent with them.*
- *Kudos! Being able to deliver a message while keeping the audience alert and engaged is an art. **Very worthwhile use of a day in my opinion.***
- *Best harassment/sensitivity/politically correct/diversity training I have ever had. I taught these classes for 10 years. Great presenters, I hope you keep them.*
- *I learned that bias is hardwired, habitual and unconscious. To overcome it, we must train ourselves to be more self-aware and not so judgmental and suspicious. **Also, when we step outside of our comfort zone, "that is where the magic happens." I liked that.***
- *Hard to say. All of the material was valuable. A lot of it I knew already but it was a reminder.*
- *To remember to evaluate myself with the resources I provide due to my own bias. I feel that I am pretty aware of many of the bias I have from my experience and influence in life but I will check more closely to ensure I am not offering different resources base on this.*
- ***Our society has shifted from tolerance to inclusivity...and I love it!***
- *I found the method of instruction very helpful. It allowed for introverts (like me!) to engage at our own pace. The instructors did not force anyone to be outgoing or to participate which was very different from other diversity trainings I have taken, and **definitely different than what I expected.***