

The Office of Equity Presents

# How to Show Up Authentically!

## Be Transparent

Transparency is a trust building mechanism. It creates a workplace culture that is more collaborative and trustworthy. It is the manifestation of understanding "we are not perfect."



## Speak Your Truth



When you speak the truth, you open the door for self-liberation. Own your words, as the truth will set you free. View others lived experiences as an asset to conversations rather than a liability.

## Remain Engaged

Lean into the discomforts of tough conversations, as these moments are opportunities for self-growth.



## Stay Curious

Curiosity broadens knowledge, challenges assumptions, and strengthens engagement.



## Take Time to Reflect

Taking time to pause and reflect on ourselves helps us to learn from mistakes. It involves intentional analysis of our beliefs and actions. It strengthens our empathy for others and boosts problem-solving.



## Assume Good Intentions & Own Your Impact

Center the impact and take responsibility for the harm created.



## Expect & Accept Non-Closure

Sit in your "uncomfortability." Do not rush to quick solutions.



## Seek to Understand

Show respect by valuing others' perspectives, lived experiences, thoughts and feelings.



## Check Your Privilege

Take a moment to reflect on the privileges you have experienced in your life are influencing your thoughts and behaviors.



## Show Up & Be Your Authentic Self

Bring your authentic self to conversations. Be transparent about where you are on your journey so others can meet you where you are.

