

# Strategies & Skills to Broaden Inclusive Communication in Healthcare | Part 3 of 4 ★

## Event Agenda

Tuesday, July 15, 2025 at 6:30pm ET - 8:30pm ET

📍 All times listed in Eastern Time (US & Canada).

### Tuesday, July 15, 2025

6:30pm - 7:00pm

#### **Shame Resilience Part 1: Intent vs. Impact**

- Discuss impact versus intent of communication and behavior
  - Define and differentiate shame, guilt, humiliation, and embarrassment
  - Analyze and reflect on different responses to shame (flight/fear, fight, freeze)
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7:00pm - 7:50pm

#### **Upstanding Part 2: Overcoming Bystander Effect during Harassment**

- Describe the bystander effect and ways to overcome it
  - Describe and practice the 5 D's of Bystander intervention
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7:50pm - 8:30pm

#### **Allyship**

- Define ALLYSHIP and reflect on behaviors to support ALLYSHIP
- Discuss and commit to a SMART goal for allyship