



INCLUSION MOMENT:

Supporting each other as we stand together



Check-in: I'm thinking about you today



Listen: How are you feeling about/reacting to what's going on?



Invite: I'm here for you, please let me know how I can help



Acknowledge: I can't fully understand how you might be feeling



Connect: Your Company EAP is also available 24/7 to provide support



Here's a few allyship resources:

- <https://guidetoallyship.com/>
- <https://www.npr.org/2020/06/08/872371063/microaggressions-are-a-big-deal-how-to-talk-them-out-and-when-to-walk-away>