



Be Kind, Rewind: Recognizing Your Role in Building Inclusion

Session Description:

Nonstop social media. Working remotely. Political discourse. Personal baggage. And so many deadlines. While many of us intend to be respectful and kind, the impact of our actions may not be. In this session, we'll talk about how to build awareness of the effect your behavior may have on others and identify common places where (unconscious) biases and assumptions can lead to problems in the workplace. Then we'll talk through strategies for doing better—as individuals and organizations—as we move forward.

Content Overview:

We are all products of our upbringing, environments, biases (known and unknown), and daily stressors. Even if we don't totally understand the effect we are having on others, it is important to consider the impact our behavior has on our colleagues. Leveraging PFLAG's more than 50 years of experience, this session will:

- Acknowledge what's happening in the world right now and how exclusion and unkindness can show up in the workplace;
- Consider some of the ways that good, well-intentioned people do some not-so-good things when interacting with colleagues, and some reasons that happens;
- Discuss individual and organization-level changes we can make to build kind, inclusive spaces for our colleagues, customers, and stakeholders; and
- Talk together about what comes next because this is just the start the work we need to do to create welcoming and inclusive spaces.

Session Length:	90 minutes (in-person or hybrid), 60 minutes (online only)
Target Audience:	General audience, no prior knowledge of LGBTQ+ issues required.
Participant Materials:	Online resource page
Additional Information:	<p>This session is not exclusively focused on LGBTQ+ identities.</p> <p>This learning session is most effective when offered as a cross-network learning experience.</p>

For more information on this session, please contact training@pflag.org.

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