

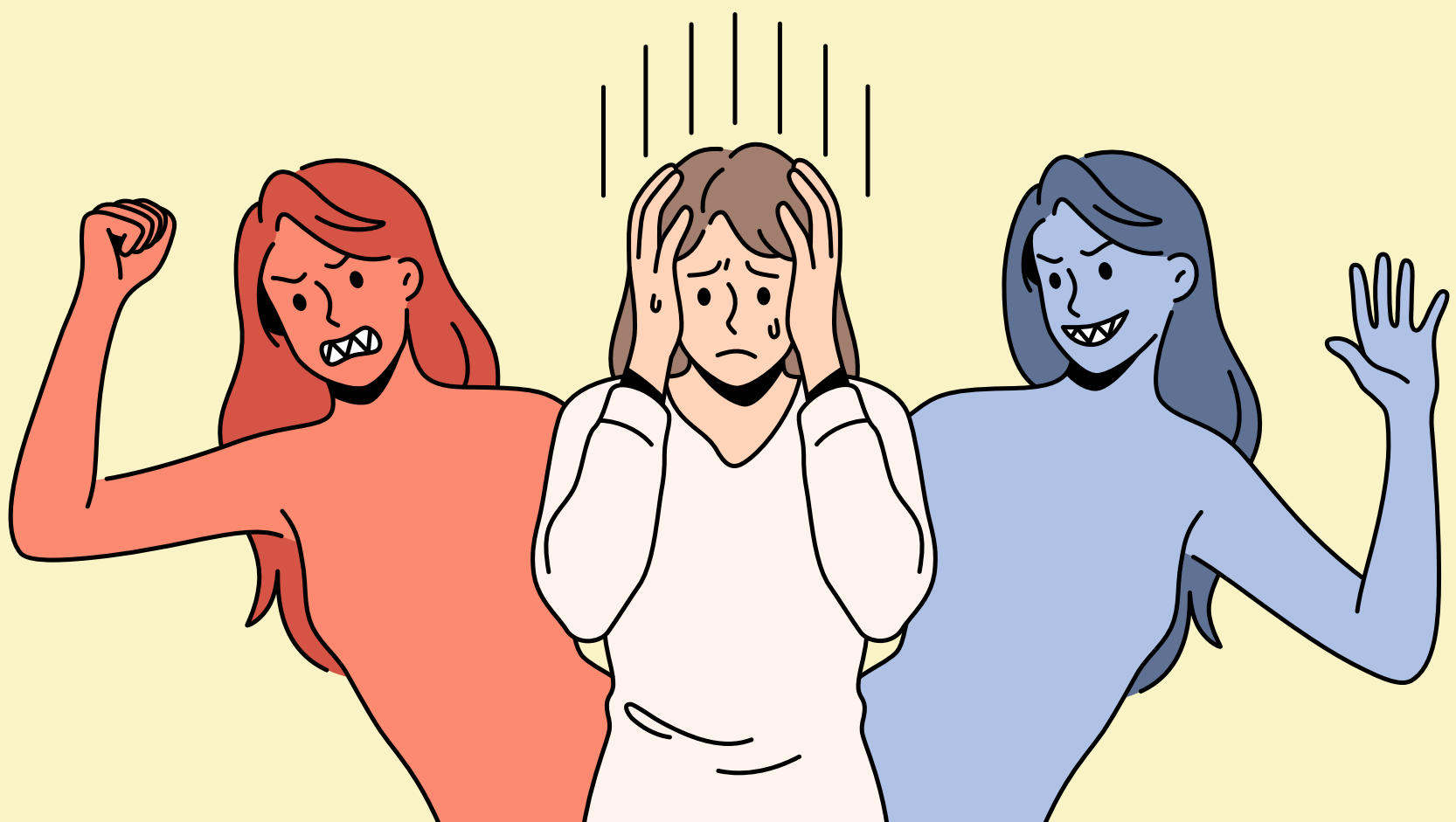
Responding to microaggression at work

...



Microaggressions are hostile, judgemental and insensitive statements or actions that are often targeted towards people based on their race, gender, disability or socio-economic background.

They are often unintentional and the person making such statements is not aware of the impact they have on others.



Here are a few common examples:

“Wow, you speak Hindi! I thought you were from the South.”

Raising your voice while speaking to someone who’s blind.

Making assumptions of marital status based on a women’s age.



How can you respond to microaggressions?

Let it go.

If this is a one-off, it may not be worth it to solve for the long term.

Respond in the moment.

We are emotional beings, so embrace that.

Have a 1-1 with the person

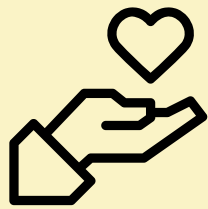
They might be unaware of what they were doing.

Notify your HR or Manager.

If this happens often, you should evaluate this option.

Wellbeing on the Web offers support if you are affected by these or other issues. We can also run sessions for your company or team on specific issues that need addressing with an expert for larger populations.

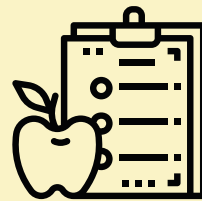
Do take a look at all that WoW has to offer.



Counsellors



Doctors



Nutritionists



Diagnostics



Pharmacy



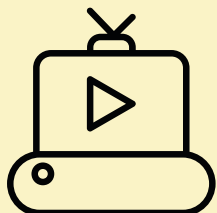
Finance guide



Newsletters



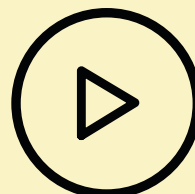
Self-assessments



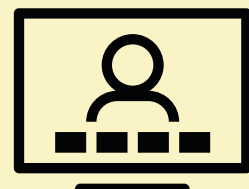
Live classes



Articles



Videos



Webinars