



Weekly Wisdom

Grow the Green for You and Your Team



"In diversity there is beauty. And there is strength." --Maya Angelou

How to be a Better Ally: Microaffirmations

Microaffirmations are ways we can affirm and support those who experience microaggressions, systemic inequalities, and barriers to opportunity.

Microaffirmations "recognize and validate others' experience & expertise; build confidence; develop trust; foster belonging; and support someone in their career."

The linked article shares 13 ways to do this. Here are a few:

Microaffirmation #1: Get to know them; pay attention to their words & ideas.

Microaffirmation #2: Mirror the language they use to describe their own identity.

Microaffirmation #3: Acknowledge important religious & cultural holidays.

Microaffirmation #6: Acknowledge people's expertise & skill.

Microaffirmation # 10: Provide regular & quality formal & informal feedback.