



EQUITY AUTOBIOGRAPHY

EQUITY AT WORK

Equity Autobiography (30mn)

Prompt:

Reflect upon your work life experiences that have impacted the way that you approach your work today. The experiences may be positive or negative. We encourage you to think about yourself as a young worker, as a team leader, manager, or supervisor, and, if applicable, your experiences as a recipient or target participant of your organization's services.

Step 1

Take a few moments to briefly describe, in a word or phrase, at least five impactful experiences.

Step 2

From this list, identify the three experiences that affected you the most.

For each experience, describe what happened in 2 - 3 paragraphs. Use these questions to guide your writing:

What were the identities (race, ethnicity, gender, socioeconomic status, ability, age, sexual orientation size, education attainment, etc) of the people involved?

What did I learn from this experience?

How does this experience impact my approach to work?



Experience 1

Who was involved?

What did I learn?

How has it impacted my approach to work?

Experience 2

Who was involved?

What did I learn?

How has it impacted my approach to work?

Experience 3

Who was involved?

What did I learn?

How has it impacted my approach to work?





CONTACT US

info@wearebeloved.org

WeAreBeloved.org