

# Stand By Me: The Path To Allyship



**Topic** Stand By Me: The Path To Allyship



**Description** 61% of workers feel they have to hide some element of their true selves at work in order to fit in. These feelings affect the same part of the brain as physical pain, resulting in sleep loss, stress, illness, illbeing – and ultimately lowered performance and productivity.

Whether we realize it or not, we contribute to such exclusion – it’s in the assumptions we make about other’s lives or even the belief that “anyone can get ahead if they just work hard enough.”

But rather than create villains or expect perfection of ourselves, we can create healthier work environments by focusing on our individual allyship journey, which is more than just statements against inequality.

In fact, recent research shows us that when we pay lip service without the actions to match, even well-intended allies can do more harm than good.

In this interactive live session, we will leverage psychology to better understand the emotions, barriers and actions around stepping up in true allyship, which results in processes, systems, and societies that are rooted in equity.

This mindset-shifting session will:

- Bust the myths of meritocracy, equity, and equality and their impact on allyship
- Disarm the narrative around privilege and show you how to use yours for good
- Explore the four stages of action-oriented allyship, including where you are and how to move forward

This session will be hosted by Ashley Rivenbark, our Lead Coach at MindGym.

**Time** Apr 25, 2023 02:00 PM in [Eastern Time \(US and Canada\)](#)