



# The LowDown podcast

## Reflection Guide

Use this reflection guide in conjunction with The LowDown Podcast to further your personal growth. You can use it as an aid while listening or as a reflection tool after listening to corresponding episode. Submit a podcast idea here: [sigmakappa.org/podcast/submit-a-podcast-idea/](http://sigmakappa.org/podcast/submit-a-podcast-idea/)

### **03 | Promoting Diversity and Inclusion in Your Personal and Professional Life with Amy Waninger**

In your opinion, how is diversity a fact of life?

Based on Amy's description, in your own words, what is inclusion?

What is unconscious bias? How does this affect our lives?

*Three Step Model to overcome your unconscious bias:*

- 1. Put yourself on notice.*
- 2. Observe the responses of others.*
- 3. Press your pause button.*

Is there a time you can recall that your discomfort affected potential relationships?

*Once you have "mastered yourself," push yourself beyond your comfort zone.* When was the last time you pushed yourself beyond your comfort zone?

What do you need from your allies? What might those who you are an ally to need from you?

What steps can you take to be more inclusive in your personal/professional life?

How can you be more authentic, vulnerable, and open?

What is an experience you have had that others might not/do not know about?

Was there a time where you stood up when disparaging remarks were being used?  
Was there a time you could have stood up but didn't?

Do you recall a time where you weren't as empathetic as you could have been? How did that affect you personally?

Can you recall a time where the impact of a situation was not the intent? What did you learn?

What type of person do you want to be? How do you go about being that person?  
What is a first step you can take?

What is something you are going to stop doing as a result of listening to this podcast episode?

What is something you are going to start doing as a result of listening to this podcast episode?