

Navigating Race in Coaching: *Approaching Anti-Racism Through Self-Awareness and Compassion*



Deeper Self-Awareness – 10 Minute Room Breakout #1



Click to **accept** invitation to assigned Breakout Room



Upon entering, turn on your **video**, **unmute** yourself



State your **name** when sharing



You will be in your room for **10 minutes**



You will **automatically** be called **back** to the main room



Choose a **spokesperson** to share **a perspective**

- Discuss a significant **life, work or coaching experience** that has shaped your **beliefs about racial interactions**.
- Spokesperson will share **one top of mind perspective** from your room.



Coach Supervision– 10 Minute Room Breakout #2



Click to **accept** invitation to assigned Breakout Room



Upon entering, turn on your **video**, **unmute** yourself



State your **name** when sharing



You will be in your room for **10 minutes**



You will **automatically** be called **back** to the main room



Choose a **spokesperson** to share one Top of Mind suggestion from your room

- How do you **relate to the coach** and the situation?
- What **can you do as a coach** to better support your clients?
- Spokesperson will share **one top of mind suggestion** from your room.



Best Coaching Practices – Race-related Conversations



Start with Heart - *(Be authentic and empathic with positive intent)*



Learn to Look - *(Be curious and encourage open dialogue)*



Make it Safe - *(Give grace and build trusting relationship)*



Explore Other's Paths - *(Discover new perspectives and learnings)*



Move to Action - *(Reflect upon self-awareness and plan for risks)*



Navigating Race in Coaching:

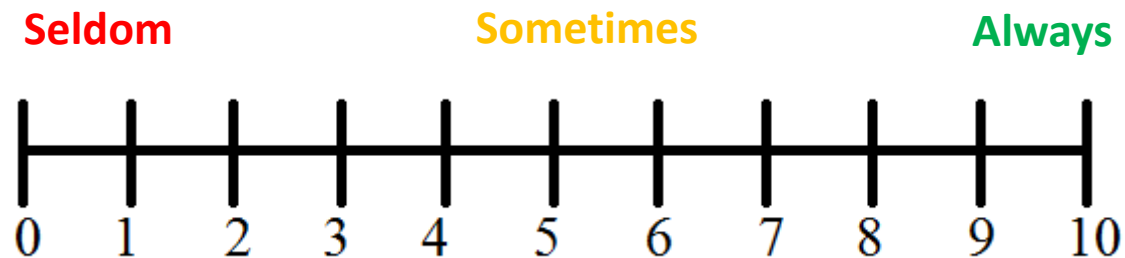
Approaching Anti-Racism Through Self-Awareness and Compassion

Video

Anti-Racism Educator Jane Elliott: 'There's Only One Race. The Human Race

Pulse Check – How do you assess yourself today in terms of:

1. Being **open** about your struggles with **advocating antiracist views**.
2. Being **truthful and present** with your **whole-self** when coaching.
3. Being **comfortable** discussing **racial issues** with your clients.



Navigating Race in Coaching:

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Resources

- Anti-Racism Educator Jane Elliott: 'There's Only One Race. The Human Race
- The Myth of Race: The Troubling Persistence of an Unscientific Idea, Robert Wald Sussman
- Robin DiAngelo and Ibram X. Kendi on how to become aware of privilege
- Working While Black: Stories from Black Corporate America, Fortune Magazine, June 16, 2020
- How to Be an Antiracist, Ibram X. Kendi
- White Fragility, Robin DiAngelo
- White Privilege: Unpacking the Invisible Knapsack, Peggy McIntosh
- Waking Up White, Debbie Irving



About Josephine Washington

Josephine Washington, MCC, M.Ed. is a Master Certified Coach and an Education Counselor. She has over twenty- five years of experience providing executive coaching, change management consulting, and leadership training worldwide. She has received leadership coaching recognition and change management awards from notable client organizations.

www.mygrowthresources.com



About Dr. Damian Goldvarg

Dr. Damian Goldvarg, MCC, ESIA, is a Master Certified Coach and an Accredited Coaching Supervisor, working for over 30 years, training coaches, and coach supervisors globally. He was the ICF Global President in 2013 and 2014 and received the ICF Circle of Distinction Award for his contribution to the profession.

www.goldvargconsulting.com