

Spring 2026 Lunch & Learns
All Sessions will take place 12pm – 1pm CST

Unconscious Bias

March 25, 2026 (12pm, (CST))

<https://us06web.zoom.us/meeting/register/TZl47ZMOSd2NiRhIdEDOJA>

This session is engaging, frank and honest. Together, we will deepen our understanding of how unconscious Bias influences communication, decision making and mental health in the workplace. Participants will gain practical tools to recognize and interrupt bias , strengthen self-awareness, and promote more inclusive, respectful and equitable professional practice.

Lunch & Learn: Lateral Violence in the Workplace

March 31, 2026 (12pm, (CST))

<https://us06web.zoom.us/meeting/register/s5u15NaITnW7IpuOsd--pA>

We invite you to join us in a practical conversation about workplace dynamics and internal conflict. Together, we explore how unresolved trauma, stress and systemic pressure contribute to lateral violence in teams and agencies. During this session, we hope to recognize our/others unhealthy practices. Through reflection and case studies, we will move from harm and silence towards constructive dialogue and healthier workplace relationships.

Power, Relationships, and Accountability in Professional Practice

April 15, 2026 (12pm, CST)

https://us06web.zoom.us/meeting/register/bvir_bsuQpGfS3au00p_ow

Join us for an interactive session on our last topic in this series focusing on Sensitivity and Respect in the workplace. Together, we shall explore how our daily interactions, body language, words, and tones shape our program outcomes and build trust. We will dive into topics like team collaboration, body language, effective and inclusive communication, and more!