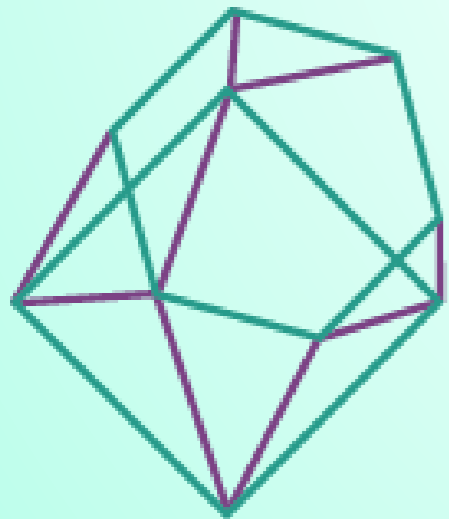


CAN'T YOU JUST TAKE A JOKE:
MICROAGGRESSIONS IN COACHING



CHRISTINE SACHS
COACHING

CONVERSATIONS WE WILL START

- ▶ Why would we talk about microaggressions?
- ▶ What is a microaggression?
- ▶ How can we address microaggressions when they occur?
- ▶ Open conversation: impact on coach training programs

“SOMETIMES THE FUNNIEST THING TO SAY IS MEAN. YOU KNOW WHAT I MEAN? IT’S A TOUGH POSITION TO BE IN. SO, I SAY A LOT OF MEAN THINGS. BUT YOU GUYS GOTTA REMEMBER: I’M NOT SAYING IT TO BE MEAN. I’M SAYING IT BECAUSE IT’S FUNNY. AND

EVERYTHING’S FUNNY TILL IT HAPPENS TO YOU.”

Dave Chappell, Comedian

CAN'T YOU JUST TAKE A JOKE

FITTING IN

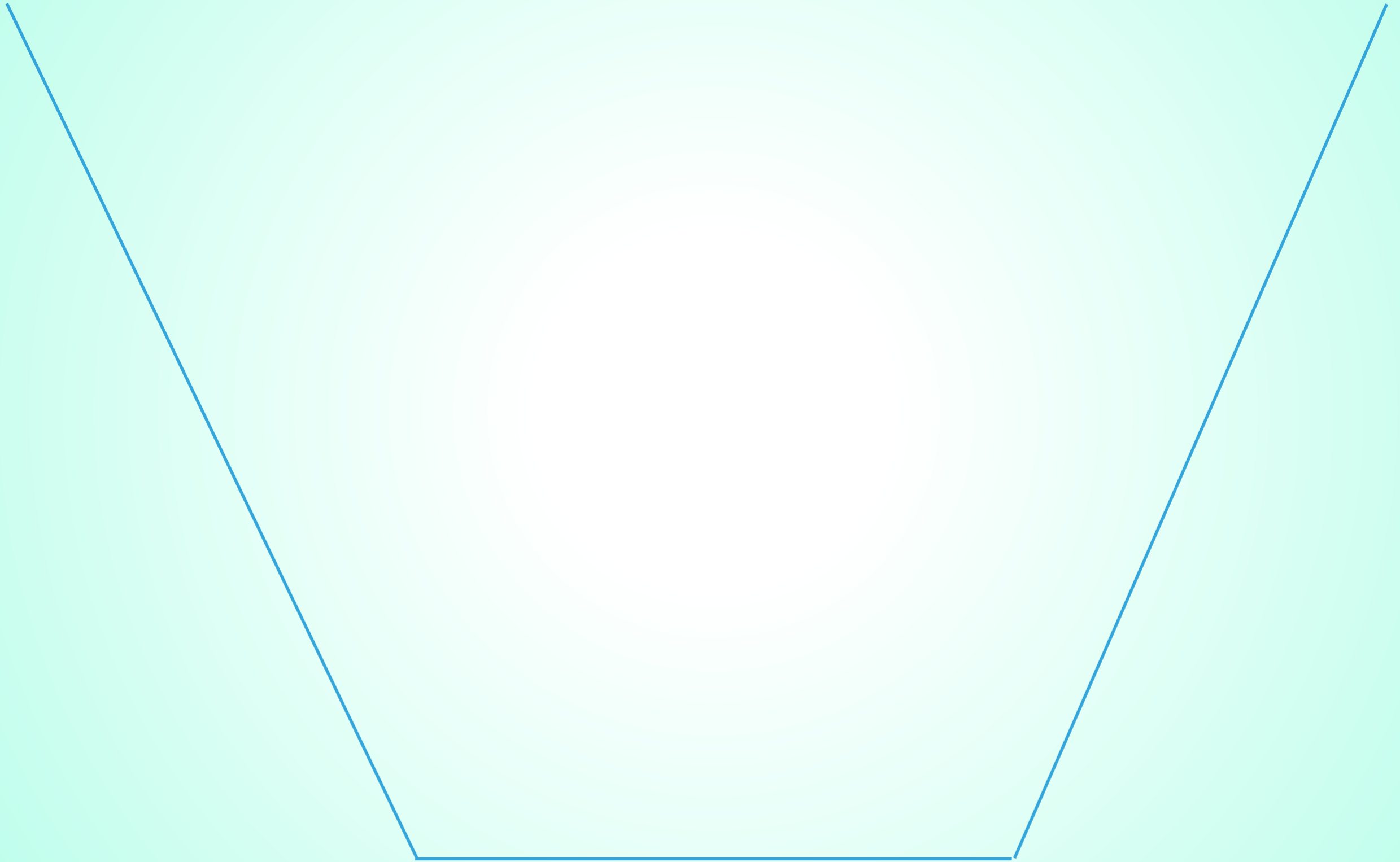
Assess and Assimilate

Change who we are in
order to be accepted

BELONGING

Our sense of true belonging
can never be greater than our
level of self-acceptance

CAN'T YOU JUST TAKE A JOKE



CAN'T YOU JUST TAKE A JOKE

OVERT RACISM (INDIVIDUAL)



CAN'T YOU JUST TAKE A JOKE

OVERT RACISM (INDIVIDUAL)

COVERT RACISM (INSTITUTIONAL)

CAN'T YOU JUST TAKE A JOKE

OVERT RACISM (INDIVIDUAL)

COVERT RACISM (INSTITUTIONAL)

INTENTIONAL MICROAGGRESSION

CAN'T YOU JUST TAKE A JOKE

OVERT RACISM (INDIVIDUAL)

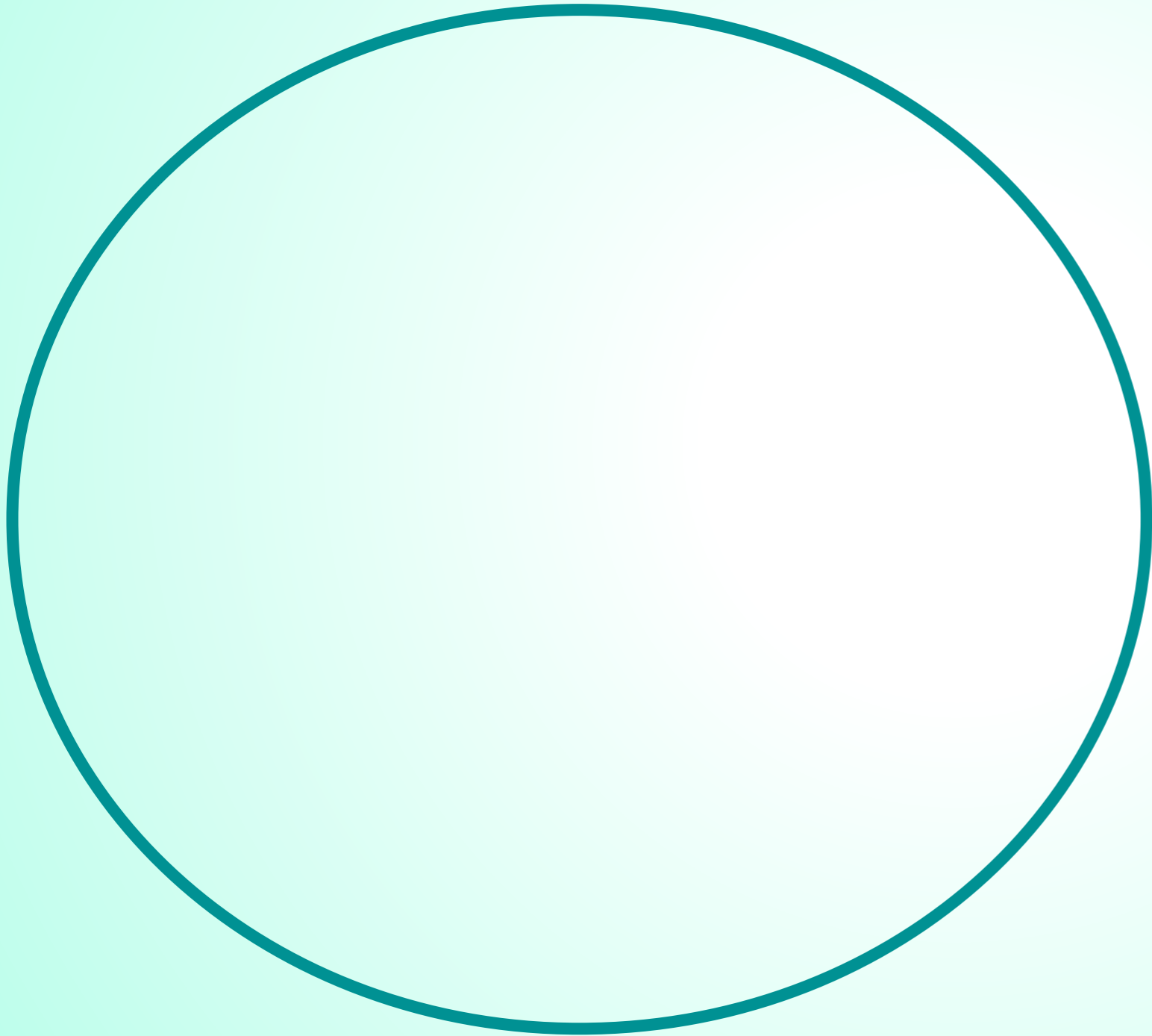
COVERT RACISM (INSTITUTIONAL)

INTENTIONAL MICROAGGRESSION

UNINTENTIONAL MICROAGGRESSION

CAN'T YOU JUST TAKE A JOKE

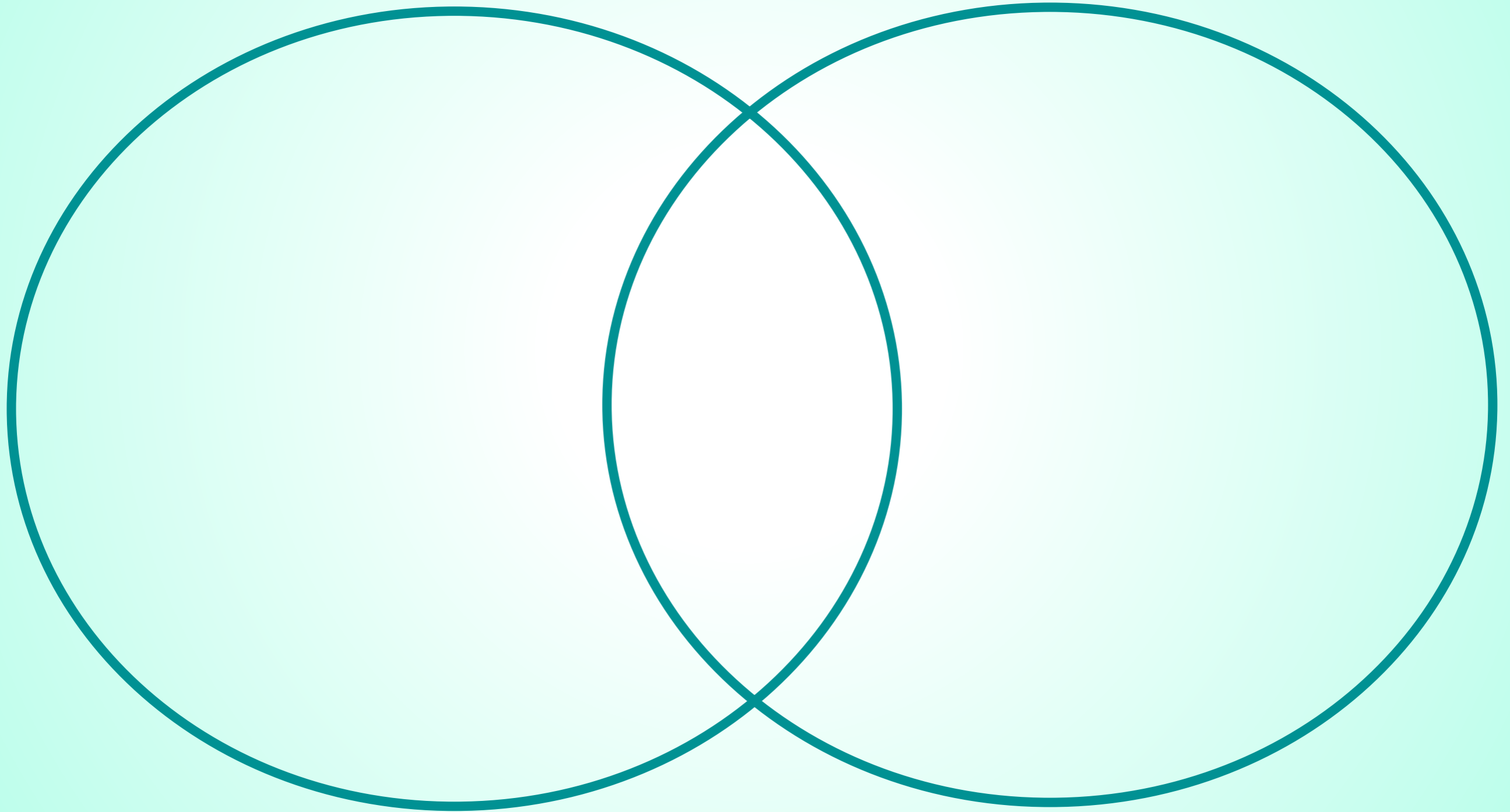
HUMOR



CAN'T YOU JUST TAKE A JOKE

HUMOR

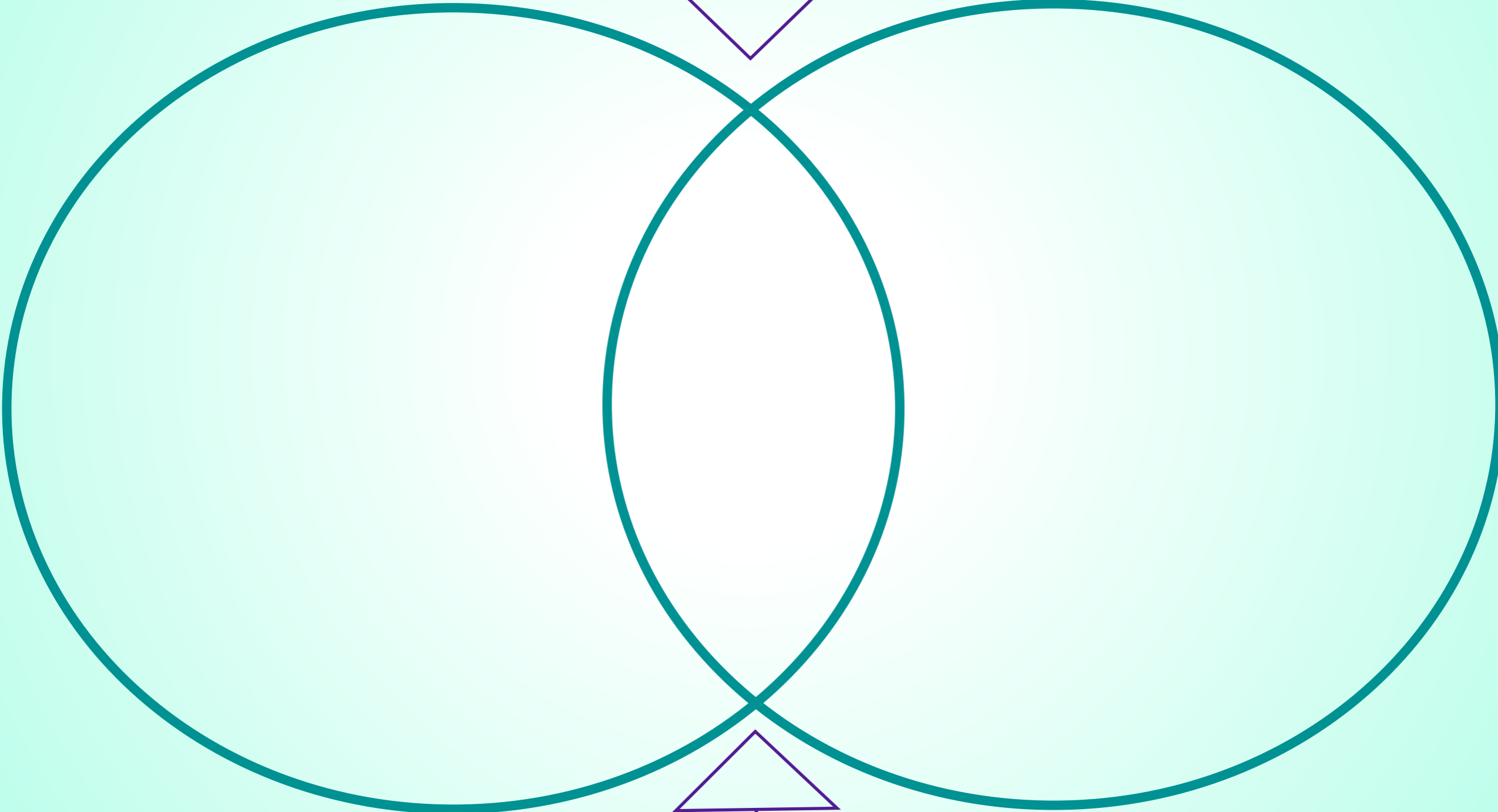
AGGRESSION



CAN'T YOU JUST TAKE A JOKE

HUMOR

AGGRESSION

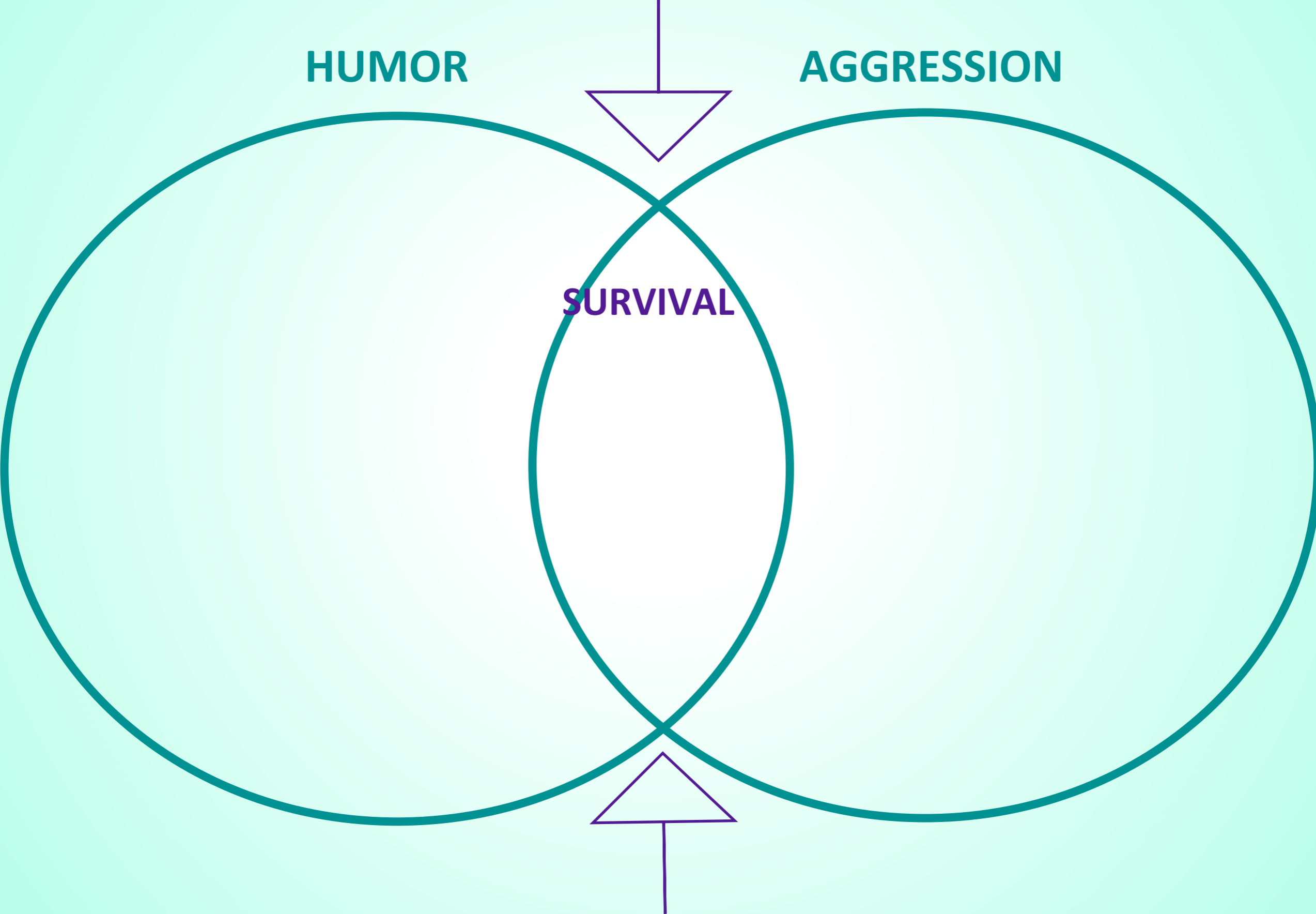


CAN'T YOU JUST TAKE A JOKE

HUMOR

AGGRESSION

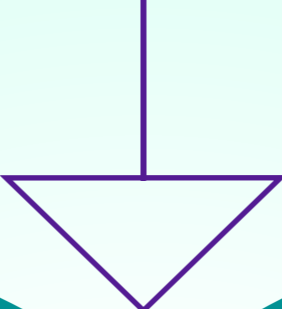
SURVIVAL



CAN'T YOU JUST TAKE A JOKE

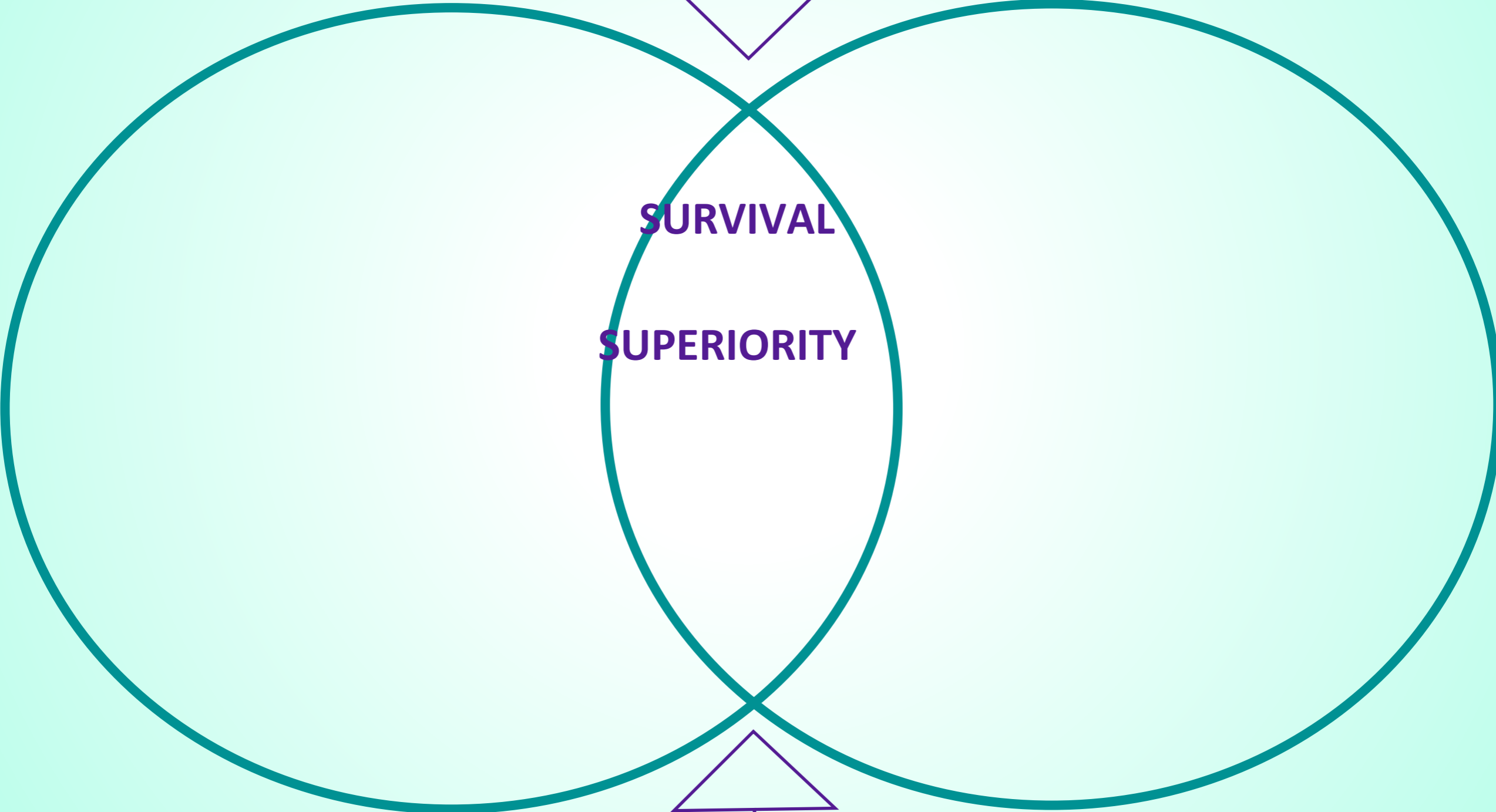
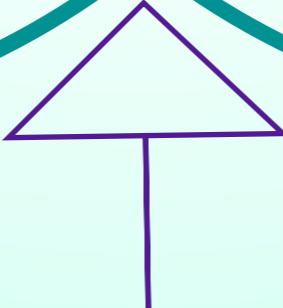
HUMOR

AGGRESSION



SURVIVAL

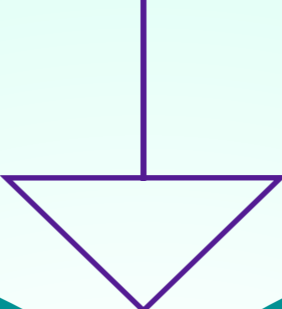
SUPERIORITY



CAN'T YOU JUST TAKE A JOKE

HUMOR

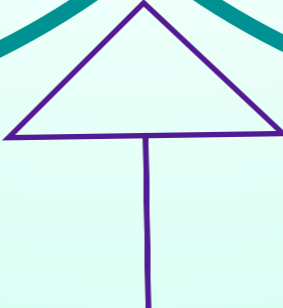
AGGRESSION



SURVIVAL

SUPERIORITY

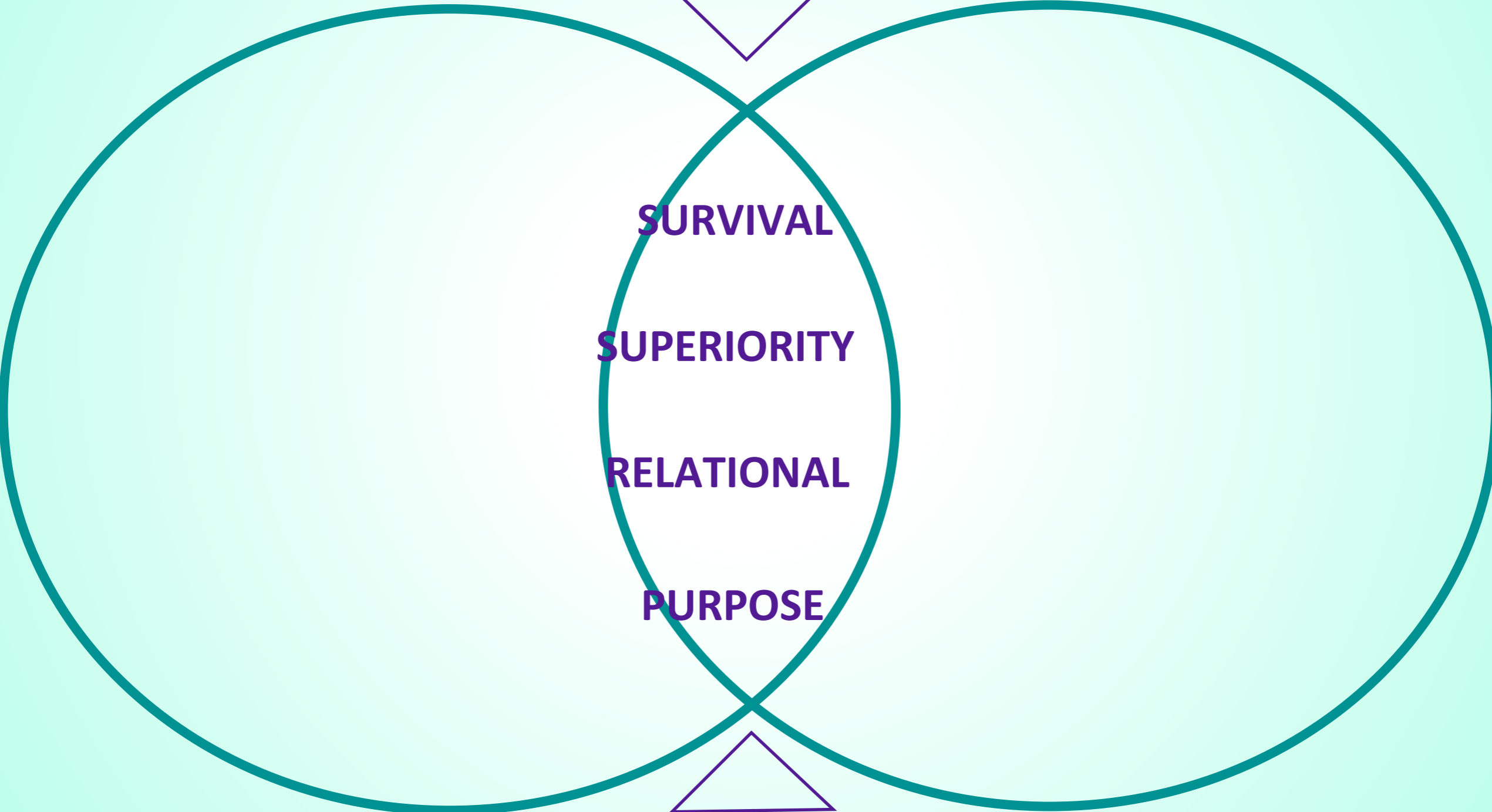
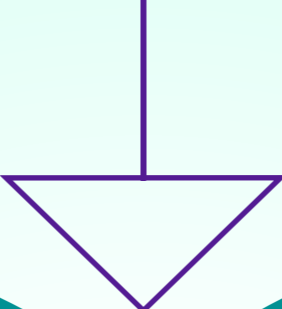
RELATIONAL



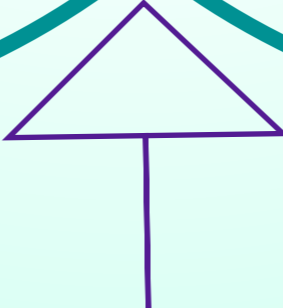
CAN'T YOU JUST TAKE A JOKE

HUMOR

AGGRESSION



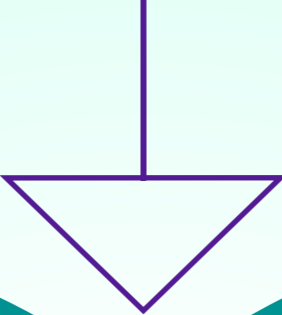
SURVIVAL
SUPERIORITY
RELATIONAL
PURPOSE



CAN'T YOU JUST TAKE A JOKE

HUMOR

AGGRESSION

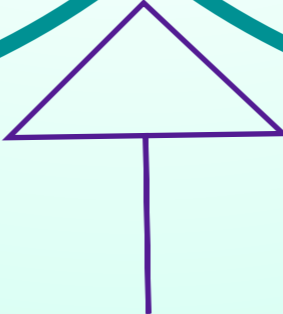


SURRENDER

SUPERIORITY

RELATIONAL

PURPOSE



CAN'T YOU JUST TAKE A JOKE

HUMOR

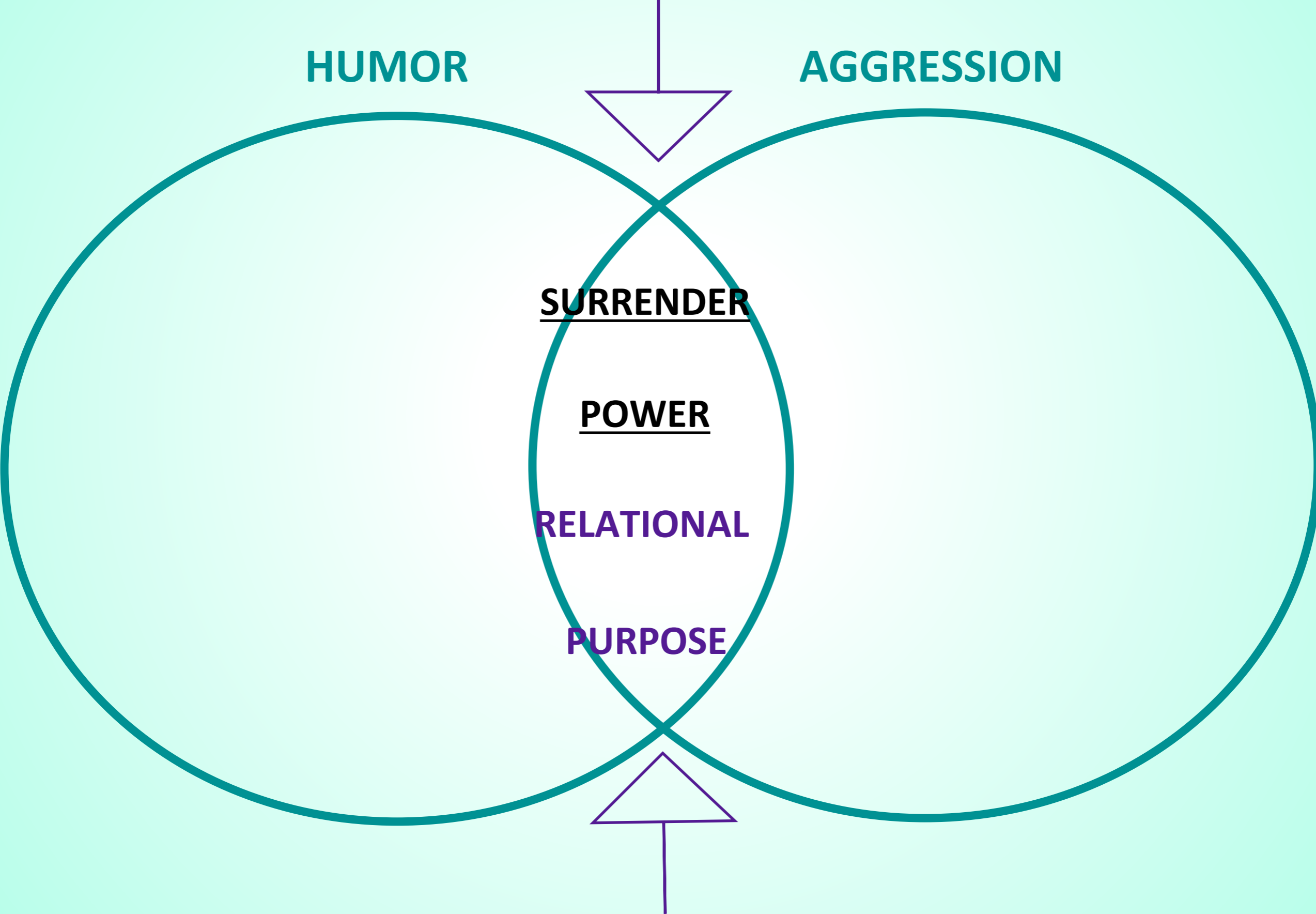
AGGRESSION

SURRENDER

POWER

RELATIONAL

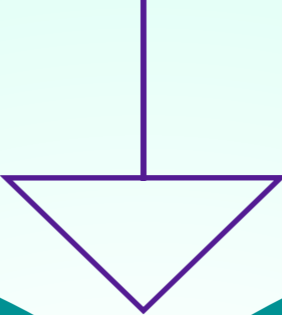
PURPOSE



CAN'T YOU JUST TAKE A JOKE

HUMOR

AGGRESSION



SURRENDER

POWER

RELATIONSHIP

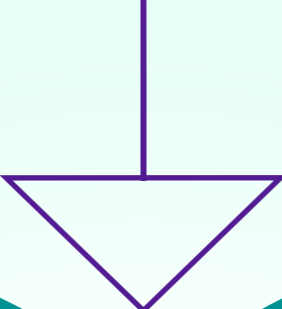
PURPOSE



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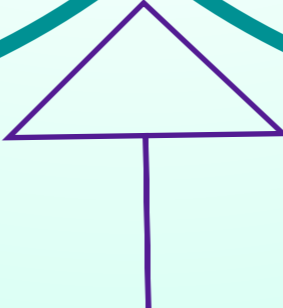


SURRENDER

POWER

RELATIONSHIP

PURPOSEFUL



CAN'T YOU JUST TAKE A JOKE

OPEN DISCUSSION:

IMPACT FOR OUR COACH TRAINING

CAN'T YOU JUST TAKE A JOKE

THANK YOU!



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