

# How to Recognize and Respond to Microaggressions



## VIRTUAL TRAINING

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### WHEN

*Wednesday, February 15, 2023  
10:00 AM – 12:00 PM*

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### PROGRAM FEE

*Complimentary for all MHEI & MHA Members*

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### REGISTER

*To register, please visit [MHEI.org](http://MHEI.org).*

*Questions? Contact Kelly Yost, Manager of Programs & Membership: 410.796.6239  
[kyost@mhei.org](mailto:kyost@mhei.org)*

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## Program Overview

Microaggressions are subtle yet denigrating behaviors or messages you communicate and experience – with colleagues and patients. During this program, we discuss what microaggressions are, the difference between intent and impact, and typical reactions. During small group exercises, we will explore the hidden assumptions behind microaggressions and how to respond to avoid fight, flight or freeze. Participants will receive resources to recognize, respond, and combat microaggressions.

## Program Objectives

1. Recognize microaggressions.
2. Explain common types of microaggressions.
3. Analyze personal experiences with microaggressions.
4. Practice different responses to microaggressions.

## About the Speaker



Erika McMullen, MA Ed & HD, SHRM-SCP is founder of Moxie Consulting Group. Her passion is empowering people to create diverse, inclusive and high performing teams. She draws upon her 20 years of experience at the nation's leading healthcare organizations to provide innovative solutions.

Erika is a Society for Human Resource Management Senior Certified Professional (SHRM-SCP) and a Certified Master DISC Behavioral Analyst. She holds a Master of Arts in Education and Human Development from The George Washington University in Organizational Leadership and Learning. In addition to graduating from Florida International University with a bachelor's degree in Health Services Administration, Erika earned a Post-Baccalaureate Clinical Research Certificate from the University of Cincinnati.