



Training Follow-up Recommendations for Workplaces

Thank you for contributing to a new workplace standard: **Consent at Work**. Here are some recommendations to help keep the momentum of the training going, and the care for participants strong.

1. SUPPORT. Participating in a workplace training centred in culture and sexual harassment can be difficult for anyone involved for many valid reasons – should it be for you, we recommend you consider:

- How can I care for and support myself and/or my coworkers immediately after the workshop? Over the next chapter at work?
- What organizational communications/resource directing could be a valued and supportive follow-up?

Remember, if anyone needs help navigating workplace sexual harassment support resources in Manitoba, we encourage you to:

Email or call

wsh@klinik.mb.ca | 204.784.4049 | 1.877.226.4366

And if anyone has any follow-up questions or comments about the training, please feel welcome to call or email your training facilitators:

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2. REFLECTION: Soon after the session, we recommend participants take 15 minutes (or longer) to personally reflect on the training with the following prompts:

- What new and improved boundaries would I love to set for myself at work? How and when could I most comfortably communicate those?
- How can I use my position in my workplace to influence a culture of Consent at Work? Consider both social and professional perspectives.
- Am I equipped/ready to participate safely and confidently in bystander interventions? What can I work on?
- How can I build on my workplace sexual harassment awareness, understanding, and empathy? How can I show up, advocate for and amplify voices with lived experience?
- How can I ensure the resources from the training are accessible to me and anyone who may need them?

3. GOALS: What goals could be set using the insights from the prompts above? Individually? As a team? How can these goals be developed/monitored?

4. VISIBILITY: To keep the practice of Consent at Work top of mind, we encourage folks to print and post our free informational posters within your workplace's common areas/digital share space and within your own personal workspaces (available at ConsentatWork.ca/resources).