

Lunch & Learn

with Wellness & Equity Education

Dress to Express: the EDI Implications of Overt and Covert Dress Codes

June 5 | 12:10 - 12:50 p.m. | Weldon Community Room

This workshop unpacks the intricate relationship between workplace dress codes, what it means to be professional or what we mean when we say someone's attire causes discomfort. Overt and covert rules around clothing in the workplace that often seem neutral but have embedded biases and stereotypes that can result in exclusionary ways of thinking about competence, authority, status, and propriety. Participants will examine the impacts of existing dress codes and critically think through what arguments can be used to validate limits to attire. They will leave with a nuanced understanding of how to engage in conversation around the impact of attire without reifying the biases.

→ *In collaboration with Western's EDI Office*

Go with the Flow: Approaching Menstrual Equity in the Workplace

June 20 | 12:10 - 12:50 p.m. | Weldon Community Room

This workshop aims to provide staff with the opportunity to learn more about the stigma of menstruation and the impacts this stigma may have on our menstruating colleagues. Participants will also learn more about period poverty, the myths and facts of menstruation and how we can create spaces in our offices that prioritize menstrual equity.

Speaking Along the Spectrum: Navigating Neurodiverse Communication Styles in the Workplace

July 25 | 12:10 - 12:50 p.m. | Weldon Community Room

Effective communication is vital for any healthy relationship, and this workshop will discuss how acknowledging neurodiverse communication styles benefits relationships among neurotypical and neurodivergent people. Participants will gain tangible strategies for communicating with colleagues, peers, and students through a neuro-affirming lens.

→ *In collaboration with Accessible Education*

Decades in Dialogue: Cross-Generational Collaboration Against Ageism in the Workplace

August 15 | 12:10 - 12:50 p.m. | Weldon Community Room

This workshop aims to provide opportunities for participants to heighten their awareness of ageism in institutional spaces. Specifically, this workshop will explore ways to reframe divisive narratives around age—which are often couched in terms of pitting “lazy” Gen Z against “out-of-touch” Boomers—and expand them to recognize age diversity and celebrate multigenerationality in the workplace. By unpacking differences in values and approaches to work, this workshop will provide participants with strategies to identify possible points of collaboration and cross-generational engagement.