

Effective Methods of Communication and Dealing with Microaggressions and Microinequities

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My personal values



LOVE



KINDNESS



JOY

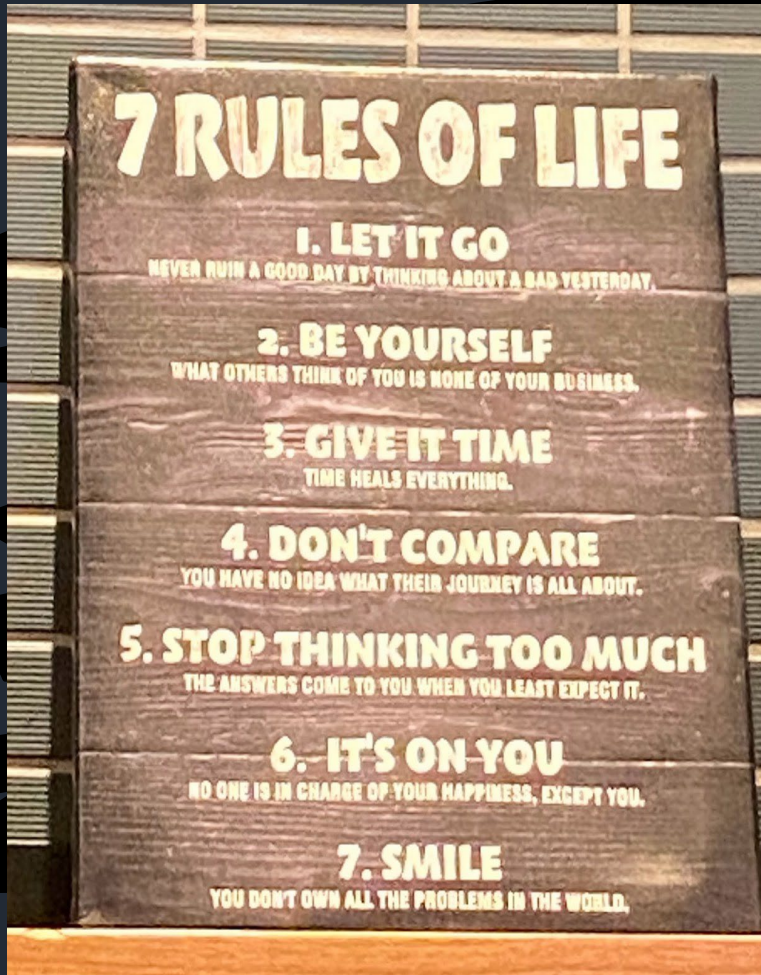
HARVARD BUSINESS REVIEW ARTICLE

**Recognizing and Responding to
Microaggressions at Work**

by [Ella F. Washington](#)

May 10, 2022





Personal Photo of a sign in my local Starbucks

Don Miguel Ruiz (1997)
The Four Agreements

The Four Agreements

1 BE IMPECCABLE WITH YOUR WORD

- a. Speak with integrity.
- b. Say only what you mean.
- c. Avoid using the Word to speak against yourself or to gossip about others.
- d. Use the power of your Word in the direction of truth and love.

2 DON'T TAKE ANYTHING PERSONALLY

- a. Nothing others do is because of you.
- b. What others say and do is a projection of their own reality, their own dream.
- c. When you are immune to the options and actions of others, you won't be the victim of needless suffering.

3 DON'T MAKE ASSUMPTIONS

- a. Find the courage to ask questions and to express what you really want.
- b. Communicate with others as clearly as you can to avoid misunderstandings, sadness and drama.
- c. With just this one agreement, you can completely transform your life.

4 ALWAYS DO YOUR BEST

- a. Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick.
- b. Under any circumstance, simply do your best, and you will avoid self-judgment, self-abuse, and regret.





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