

Courageous Conversations

solace

Courageous Conversations is a monthly in-person programme designed to empower Solace staff with the skills and confidence to address bias and exclusion in all its forms. Co-created with staff, the bespoke course offers practical tools to challenge microaggressions, practice effective allyship, and take meaningful action as an upstander. The sessions foster a supportive space for learning, reflection, and growth, helping participants build a more inclusive and equitable workplace.



89%

feel better equipped to challenge microaggressions and support someone being excluded

98%

feel they will be able to apply what they have learned

Courageous Conversations was a brilliant safe space for conversation with colleagues across all levels of organisation

The training was delivered in a great way, the mix of videos, informational slides and role play ensured we were engaged for the day

I thoroughly enjoyed this training, Mayuree created such a safe and comfortable space to bring in your own experiences and challenges.

The facilitator was very knowledgeable and delivered the information in an engaging way that was easy to digest despite the topic of conversation may sometime be uncomfortable

The joint discussion, practical advice/examples of how to advocate and discuss microaggression were very helpful I will be using this with service users

