

Series 1 – Discussion Questions

1. How do you define your identity, and how do the labels others use for you align or conflict with how you see yourself? How can understanding your identity help you navigate difficult conversations in the workplace or personal life?
2. Think about a time when you unknowingly held a bias against someone. What was the underlying reason for your judgment, and how did you confront or overcome it once you recognized it? How can being aware of your own biases help you build stronger relationships with others?
3. The concept of 'Biasphere' suggests that we are shaped by the environments around us, from our family to the media we consume. How can recognizing the influence of your biasphere help you create more inclusive spaces in your workplace or community?
4. Personal culture involves the way we express our self-perception through our interactions with others. How does your personal culture influence the way you work with others? What would your colleagues say about the impact of your personal culture on your team?
5. Radical Acceptance involves embracing both your own humanity and the humanity of others. In what ways do you struggle with accepting yourself or others fully? What steps can you take to practice radical acceptance in your daily interactions, and how could this change the dynamics in your personal or professional life?
6. Considering the lessons from each video, how do you think embracing personal culture, identity, bias awareness, and radical acceptance could impact the way we build and sustain inclusive leadership in our organizations? What practical actions can you take to integrate these concepts into your leadership style?