

Defend, Don't Offend: *How to be yourself without annoying others*

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Agenda

- **Why words matter**
- **Ways to connect, authentically**
- **Tips on words or phrases to avoid**
- **Put it in action!**



Why words matter



Ways to connect, authentically

Tips: Words or phrases to avoid

“You are so well-spoken”

“ Don’t take this personal...”

“Lifestyle Choices”

**“Where are you
really from?”**

**“Why are you so
sensitive?”**

Call to action

- Connect- authentically
- Ask questions to understand



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