Allyship Workshop

Learner’s Guide

Session Dates: [Insert dates]
Session Duration: 2hrs
Learners:
  • [Insert learners here]
Faculty: Small group facilitators
Format: 2-hour group session with small breakout groups

Session Overview:
In this 2-hour session, learners will be presented current data on unconscious bias seen within residency programs and perform self-reflective small group exercises.

Curriculum Objectives
By the end of these sessions, learners will be able to:
  1) Explain two key examples of allyship that can be demonstrated in your training or specialty in the reflection exercise.
  2) Distinguish two key differences between performative allyship and true allyship in a small group activity.
  3) Self-reflect on one’s own broad spectrum of privilege by identifying at least 2 privileges one holds in a small group exercise.
  4) Develop an action plan for sponsoring or mentoring that mirrors the concept of allyship in the reflection exercise.
  5) Develop as allies and accomplices in equity by practicing conversations around discrimination through the role model exercise.

Pre-Session Preparation
Recommended reading prior to workshop:
  • Atcheson S. Allyship – The key to unlocking the power of diversity. Forbes
    https://doi.org/10.1007/s12144-014-9284-8