

Ally Skills goal-setting exercise

Choose a common situation where you could act as an ally and write it down here (e.g., a co-worker uses a racial slur, a woman gets ignored in a meeting, someone gives biased interview feedback):

List 1-3 forms of privilege or influence you have relevant to the situation (e.g. race, gender, job position, friendships with powerful people, educational background):

- 1.
- 2.
- 3.

List 1-3 possible actions you could take to respond to or prevent this situation (e.g. "We don't do that here," talk to that person's manager, advocate for a code of conduct):

- 1.
- 2.
- 3.

List 1-3 people or resources you could ask for advice on your proposed responses (e.g. a friend, a coworker, an advice column, a Google search, a book):

- 1.
- 2.
- 3.

List 1-3 people you will tell about your resolution to act as an ally in this situation so that they can support you in your resolution (e.g. a coworker, your partner, a friend):

- 1.
- 2.
- 3.