



# First Impressions

How open-minded are you? First Impressions is an engaging learning session that helps raise self-awareness about the assumptions we make without even realizing. Veteran educator Jeanae Beal directs an interactive exercise and shares memorable stories from her 30 years of education experience to explore the questions, "How can assumptions help and hurt us?" and "Is there such a thing as a positive stereotype?"

As we communicate across differences like age, personality, gender, race, sexuality, or religion, it is important to remember that successful communication starts in our head.

## The First Impressions Learning Session:

1. Examines the use of assumptions in our daily lives.
2. Identifies the damages caused by acting on assumptions.
3. Offer an opportunity to identify hidden assumptions.
4. Covers common definitions for stereotype, prejudice, discrimination, ism, and oppression.

"After attending the session, I was Enlightened. Everyone can benefit from this class in every area of life and in every work place not just in the school systems." -Educator, HPISD

The 90-minute learning session is an introductory session that ensures everyone feels included in the conversation about diversity. Our Mind Flex and ACE-ing Conflict sessions deepen the learning accomplished in the First Impressions session. We also offer reinforcement emails and brief reinforcement scenarios for use in team meetings to continue the learning process.

