

## M.E.E.T. ON COMMON GROUND

### Speaking Up for Respect in the Workplace

The desire to be treated with respect is something we all have in common, especially in the workplace. The **M.E.E.T.** approach (**M**ake time to discuss; **E**xplore differences; **E**ncourage respect; **T**ake personal responsibility) counteracts shame, blame and stereotyping that create toxic environments and undermine productivity. Through M.E.E.T., employees learn to recognize, respond to and resolve situations arising from individual and cultural differences.

#### About The Program:

In the perfect workplace, everyone would have the skills and the desire to resolve conflicts that can arise from our cultural differences. This best-selling program deals with the “respect” component of diversity—from the employee’s perspective. ***M.E.E.T. on Common Ground*** will provide your employees with the tools they need to recognize, respond to and resolve difficult interactions that can stem from individual and cultural differences. This program approaches sensitive issues without shame, blame or negative stereotyping and will show your employees where respect for differences makes common sense. Put into practice, this program can help improve the communication and relationships in your workplace.

#### After completing the Workshop, participants will be able to:

- Explain the benefit of mutual respect in the workplace
- Explain the importance of personal responsibility in promoting respect in the workplace
- Use the four steps in the M.E.E.T. model to help promote a “mutual respect” working environment

#### The Four-Step M.E.E.T. Model

- M** - Make time to discuss the situation
- E** - Explore differences
- E** - Encourage respect
- T** - Take responsibility

**Target Audience: All Employees**

**Course Length: 1, 2 and 4 Hour Options**