Inclusivity and Authenticity: How to Bring Your Whole Self to Work

It stands to reason that when we bring our authentic selves to work each day, we do our best work. This series will help us to find our most authentic selves within the FAS community, and how we can better understand what might get in the way.

We will discuss how all FAS staff members can create inclusive environments that encourage authenticity.

**Covering No Longer: Showing Your True Self at Work**  
Presenter: Letty Garcia  
*September 19, 2019 (1:00 - 2:30PM)*  
*January 15, 2020*  
“Hiding in plain sight” impacts our ability to be effective at work and challenges Harvard’s efforts towards inclusivity. Learn ways to navigate the workplace without “covering” key parts of your identity.

**Fostering Inclusivity: Developing and Maintaining Authenticity**  
Presenter: Julie Wilson  
*November 6, 2019*  
*February 12, 2020*  
This session will discuss how with authenticity comes agency and how agency leads to greater engagement and increased development.

**Nurturing Confidence: Understanding Imposter Syndrome**  
Presenter: Gary Cormier  
*December 4, 2019*  
*March 11, 2020*  
Here, we explore the self-doubt and insecurity that can affect us, and share approaches to appreciating the value we each bring to FAS.

Managers are encouraged to be flexible in supporting staff attendance at these sessions.

All sessions will be held at Lamont Library from 12:00 - 1:30PM unless otherwise noted. Bring your lunch. Coffee and light refreshments will be provided.

For more information, please visit hr.fas.harvard.edu/whole-self