

Inclusion Contact: Maintaining Professionalism In The Age of Black Death Is....A Lot



“I just witnessed the lynching of a black man, but don’t worry Ted, I’ll have those deliverables to you end of day.” This is how the [article Maintaining Professionalism In The Age of Black Death Is....A Lot](#) begins. Read the article to gain a better understating of the emotional toll hiding feelings of anger, confusion, frustration, and exhaustion can take on black professionals.

Discussion

- What are your initial thoughts and feelings?
- Shenequa states “I don’t know who decided that being professional was loosely defined as being divorced of total humanity, but whoever did they’ve aided...in a unique form of suffocation.” Do you feel that you need to hide or cover what you are feeling when you come to work?
- What is the impact to you if you have to cover or hide?
- How as a team can we help foster a culture of belonging so that everyone feels comfortable sharing?
How as a team can we also respect silence?