

Sample Module Outline – Awareness

Topic: Awareness of Diversity Dimensions

Length: 3 hours

Goal: The goal of this module is to enhance self-reflection and acknowledgement of one's own values, attitudes and culture.

Learning Objectives:

- i. Participants will increase their understanding of individual values and attitudes
- ii. Participants will increase their awareness of the multiple aspects of diversity
- iii. Participants will enhance self-reflection through practice activities

Introduction (15 minutes)

- i. Participant expectations
- ii. Objectives for this session

Values & Attitudes (45 minutes)

- i. Defining values and attitudes
- ii. Unpacking values and attitudes in practice
- iii. Scenarios/Case Studies

Break (15 minutes)

Aspects of Diversity (45 minutes)

- i. Diversity and Oppression
- ii. Exercise (Questionnaire and handout)
- iii. Activity – Identifying exclusion in the workplace

Self-Reflection Skills (45 minutes)

- i. Self-reflection in practice
- ii. Self-reflection activity (Small group)
- iii. Journal Activity – Identify exclusion in personal practice

Summary/Closing (15 minutes)

- i. Debriefing comments
- ii. Future diversity competency plans within the Health Unit (if such plans are in place; or opportunity to get input from participants to develop plans)

Evaluation