UHMC Sensitivity Training Series: Perception

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Recent headlines:

- “Kanye West’s antisemitic comments go back millenia”
- “Nets suspend Kyrie Irving indefinitely after antisemitic movie post”
- “Megan Fox, Machine Gun Kelly accused of ‘mocking Christians’ with Halloween costume”
- “J.K. Rowling accused of making ‘anti-trans comments’ on Twitter”
- “Tom Brady apologizes for comparing playing football to a military deployment”
- “Kim Kardashian’s decision to wear Marilyn Monroe’s dress to Met Gala has conservators ‘speechless’”
- “Tropic Thunder’s Blackface character of Robert Downey Jr. sparks debate”
- “People are bringing up all the ‘racist’ lines from the Rush Hour film franchise”
- “Country group Lady Antebellum change name to Lady A due to slavery connotations”
- “For many Native Americans, the Washington Commanders’ new name offers some closure”

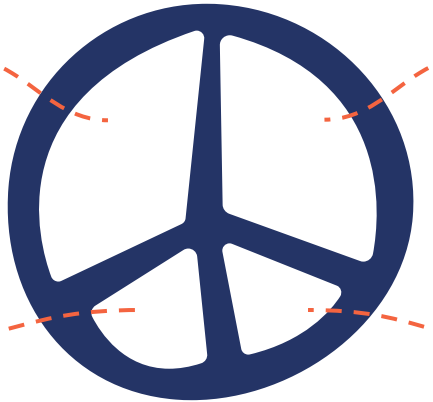
Today's topics:

Understanding perception

What is it and why are we talking about it?

Examples/ breakout rooms

Words/actions: history, common uses, power, results.



Influences on perception

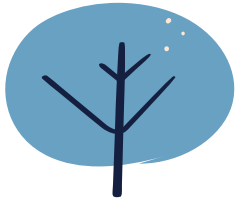
Cultural differences, social roles, self-concept.

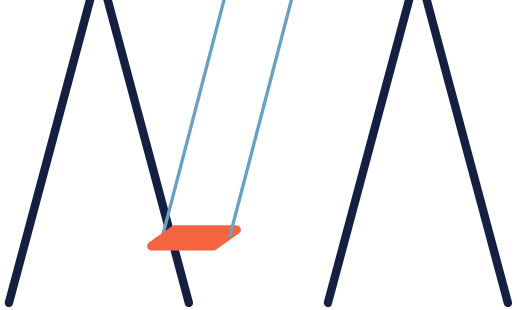
Repair Strategies

The importance of talking about the violation.

What is perception?

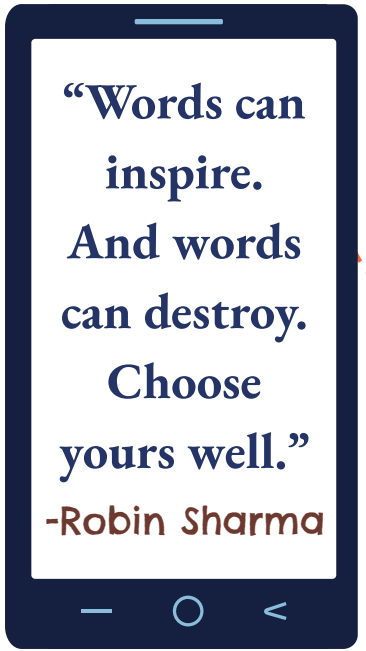
Why are we discussing perception as part of sensitivity training?





"It's never the environment;
it's never the events of our lives
but the meaning we attach to
those events - how we interpret
them - that shapes who we are
today and who we'll become
tomorrow."

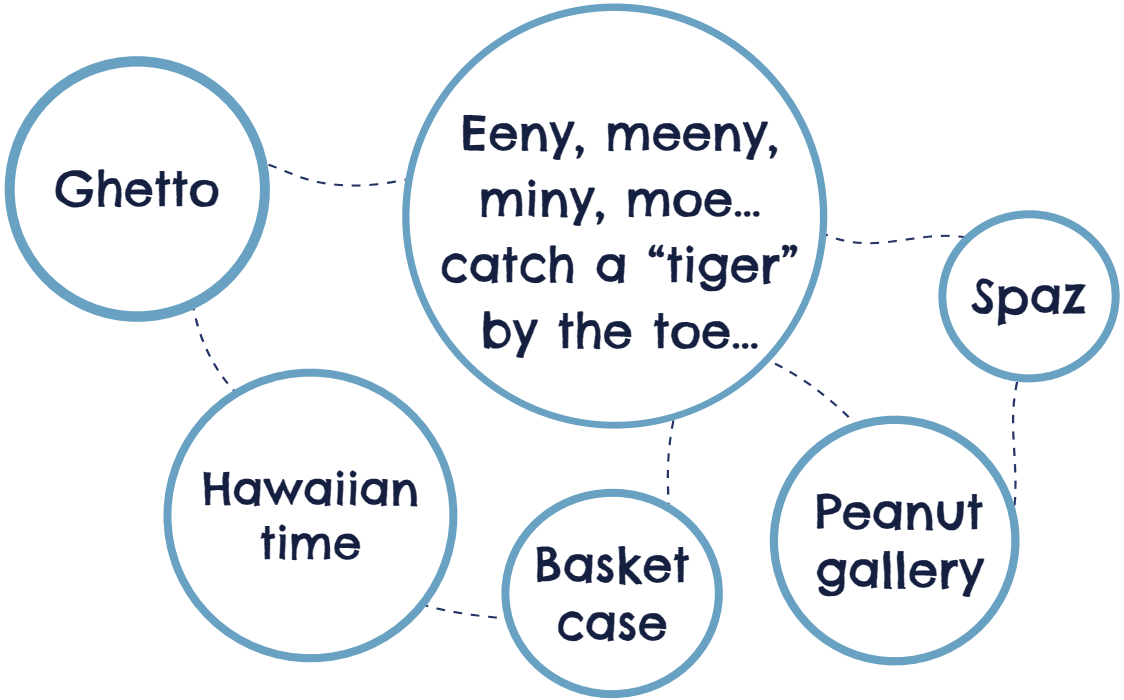
–Anthony Robbins



The power of language

It’s not the words in themselves - rather, it’s the way we use those words and interpret those words - that create offense.

How do you perceive these words/phrases?



Discuss in your breakout room:

History

What are the historical roots of the word/phrase?

1.

2.

Common Uses

How is this word/phrase typically used?

Power

How/who does this word/phrase empower or disempower?

3.

4.

Results

What actions do we take when it continues to be used?

Influences on Perception

Culture

Cultural differences lead to perceptual differences.

Social Roles

Gender and occupation influence perception.

Self-Concept

How we view ourselves impacts how we view the world.

“Failure can only exist from stagnant perceptions. Everything is a process of learning and if you learn something useful, you have success.”

–Michael Arndt

Strategies for relational repair

1. Express regret.
2. Accept responsibility.
3. Make restitution.
4. Genuinely repent.
5. Request forgiveness.

Thanks!

Do you have any questions?

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