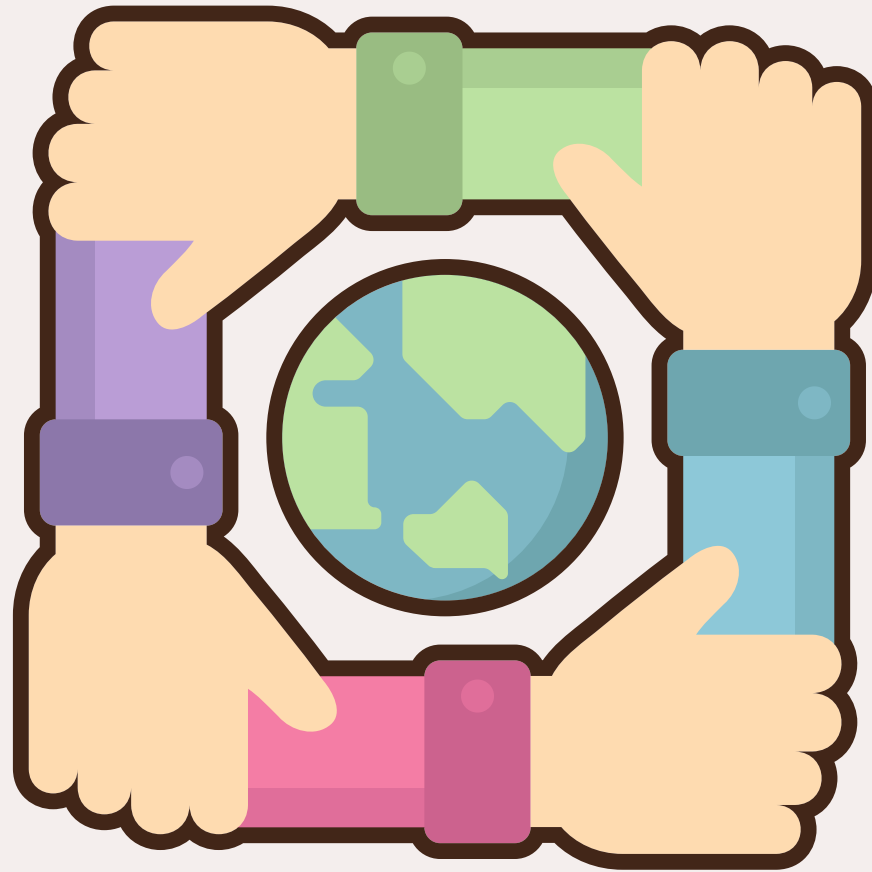


# DAY 5: ALLYSHIP IN ACTION



# WHAT IS ALLYSHIP?



- Allyship is an ongoing practice of supporting marginalised individuals.
- It involves listening, amplifying voices, and speaking up.

# NAVIGATING DEFENSIVENESS

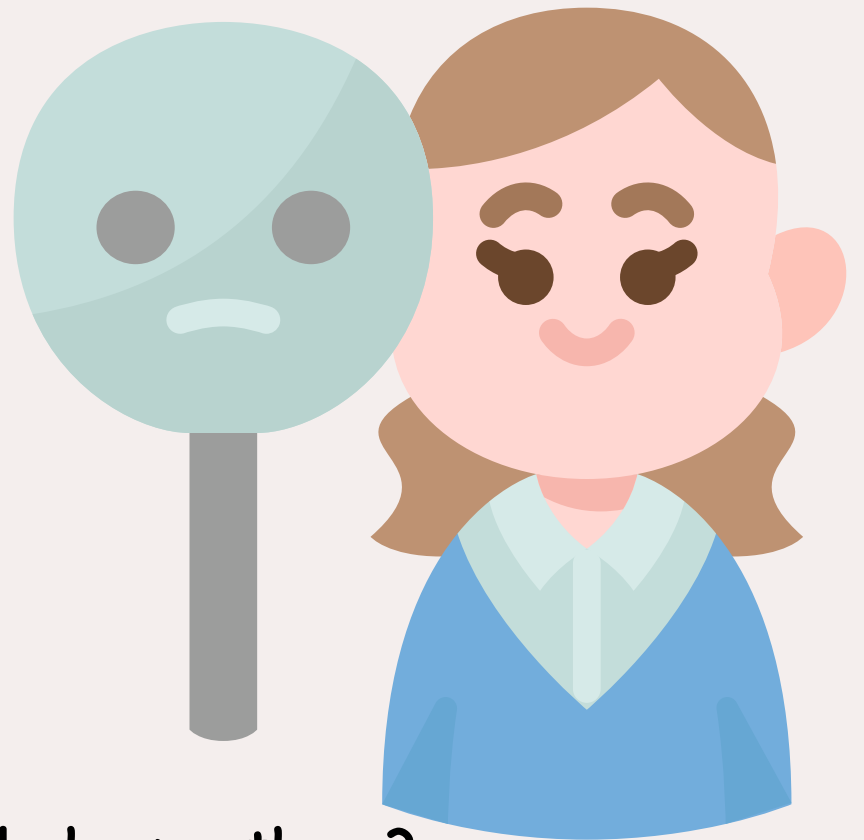
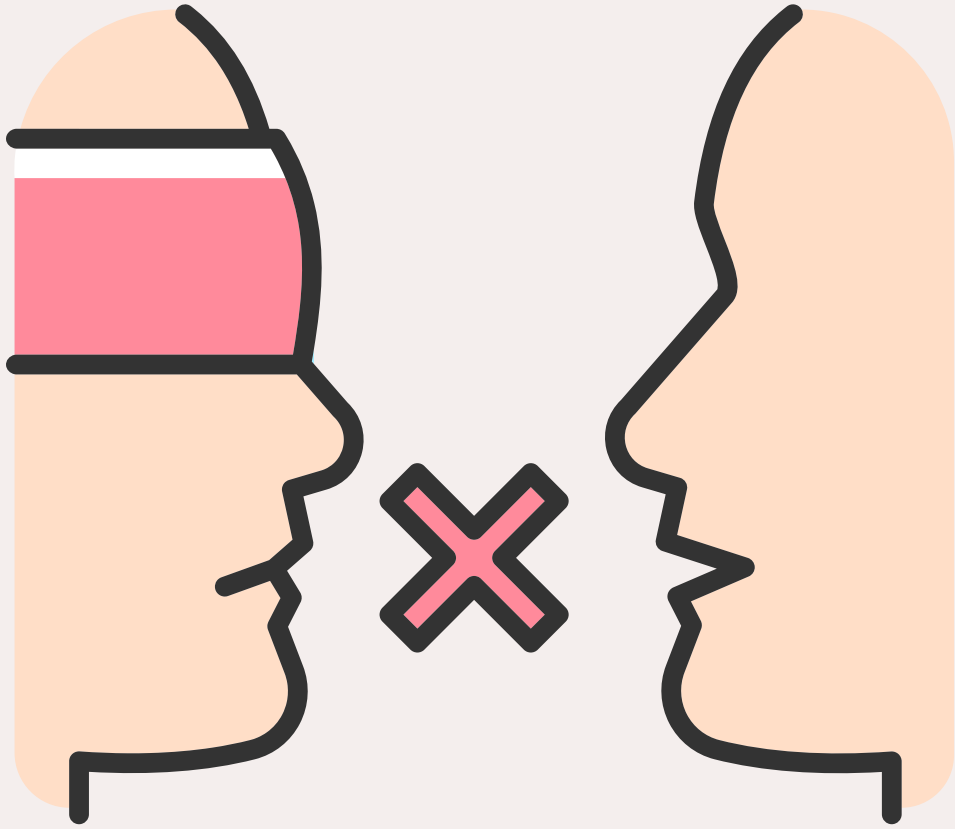


- Feeling defensive is natural but unhelpful.
- Pause, reflect, and ask:

What can I learn from this?



# BUILDING SELF-AWARENESS



- Reflect on your biases and privilege.
- Ask: How might my actions unintentionally harm others?

# COMPASSION AS A FOUNDATION



- True allyship starts with compassion—for yourself and others.

# COMMIT TO ACTION



- What steps will you take to foster inclusion and equity in your workplace?

# ALLYSHIP IN ACTION

