



GETABSTRACT REVIEW OF

It's Time to Talk (and Listen)

How to Have Constructive Conversations About Race, Class, Sexuality, Ability & Gender in a Polarized World

Initiating conversations on sensitive topics, including race, gender, ability and political ideology can be tough. Cognitive behavioral psychologists Anatasia S. Kim and Alicia del Prado show you how to approach hard conversations with empathy and with understanding toward those who might hold opposing views.

STEP 1

Have your team read the [getAbstract summary](#).

STEP 2

Schedule a team meeting to discuss the questions below.

STEP 3

Have a discussion with your team.

Discussion Questions

1. What kind of conversation have you been avoiding but feel you should have?
2. In what situations does it make sense to address and meaningfully discuss a polarizing topic in the workplace?
3. The authors talk about the importance of letting your values guide you through difficult conversations. What are some of the values you would like to rely on?
4. What are some of the “good listening” practices the authors mention?
5. What is your main take-away from the summary?

“The invitation is to join a collaborative connection and a mutual exploration that can lead to healing.”

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Anatasia S. Kim and Alicia del Prado

Additional resources



Resolve Conflict with Compassionate Communication

