

I feel I have a much better understanding of the protected classes and the legal protections they have.

I learned about the issue of sexual harassment, how it can be prevented, and proper procedures for handling sexual harassment complaints.

I gained a better understanding of myself and gained valuable skills as a leader.

*Journal*

The main skill I gained is to think about and hopefully prevent discriminations before it even happens in my work.

The workshops taught me to how to look for discrimination, even when it is not overt and possibly unintended.

Communication is the key factor in how you express yourself or come across to others.

The classes have shown me ways to make the work place or anyplace for that matter a place that others can work without the added stress of fear from not being accepted based on sexual orientation, sex, gender, age, creed, race, or religion.