



**AD  
RP**

# **From ME to WE**

**Amplifying Each Other at Work**

# Meet the Presenters

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# Activity: Cross the Line

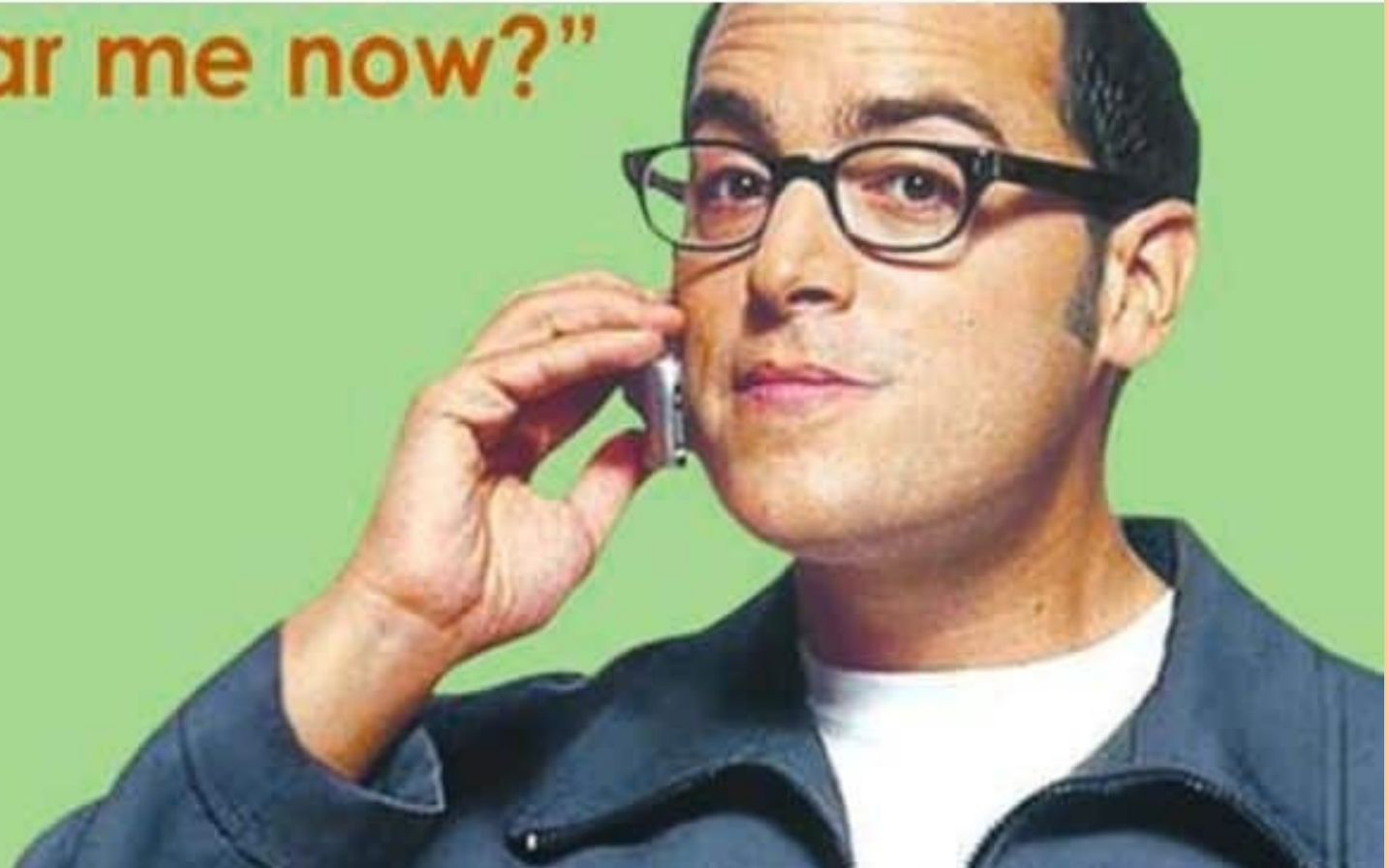
Oh I'm sorry, did the middle of my sentence interrupt the beginning of yours?



your  cards  
someecards.com

# What is Amplification?

“Can you hear me now?”



# Common Amplification Issues

- Interruptions
- Not receiving credit for your idea
- Your idea doesn't receive consideration



*“I couldn't have said it better myself, Sarah, so I'll just repeat it a little bit louder.”*

# Virtual Amplification

- Navigating virtual space is hard enough already!
- Have to capture and keep audience attention
- Interruptions are common
- Hybrid meetings intensify isolation



# The REAL Issues

## Gender disparity

- Men interrupt at significantly higher rates than women

## Underrepresented populations are interrupted and overlooked more

- Can include race, ethnicity, age, ability, etc.

## Power dynamics

- Employees in middle management and administrative roles are less likely to be heard

# Activity: Group Discussion

- Who are you, where do you work, and what do you do?
- What stood out to you from the cross the line activity? What did you observe? What surprised you?
- When we think about being interrupted, are there situations where this happens more often (by gender, age, colleague type, etc.)
- Have you seen someone successfully amplify another?
- Have you been in a situation where a colleague's contributions were minimized and amplification would have helped?
- When have you felt most heard or most supported?



# How to Amplify



Get to know  
the person

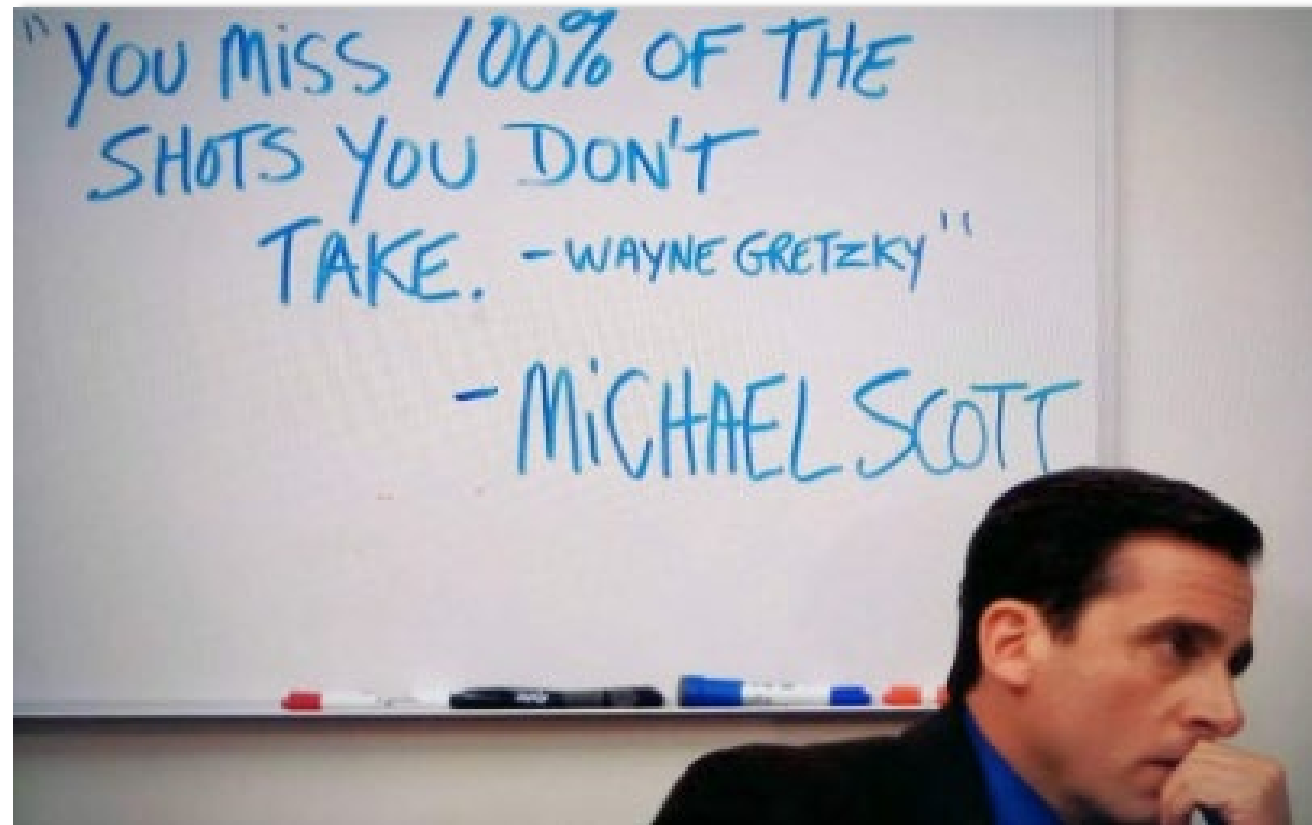
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Commit

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Give Credit

# Benefits of Amplification



# Wrap Up



One thing you will start or  
stop doing

One thing you will continue  
doing

# Questions, Comments, Compliments

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