

Allies Matter

How To Be An Ally In Reality

The recent protests and riots around the world have brought to light major disparities in our world with regards to race and ethnicity. Ethnic communities, the Neuro-divergent community and the LGBTQIA+ community are well aware that these issues are not new. Now, more than ever, it is important to stand as an ally with diverse communities so that culture can make a shift towards progressing equality. However many struggle with knowing how to find the words, out of fear of saying or doing the wrong thing. This session will help bridge the gap between good intent and confidence to be inclusive from a place of respect and empowerment. How can we be more inclusive irrespective of race, gender, ethnicity, sexuality, age or ability?

Session Outline

Clear Definition of Allyship to All Communities

An Open and Honest Look at Privilege, Fragility and Unconscious Bias

Etiquette of Allyship and How to Handle Mistakes

How to Challenge “isms” in Others

Passing on the Value of Allyship to the Next Generation

Useful websites and resources

Session Includes

Personal attention and feedback in an informal atmosphere

An invaluable booklet complete with information covered on the session

Open forum to ask questions



Speaker: Gwen Jones

Gwen has an MSc in Occupational Psychology focusing on Workplace Wellbeing. She is a trained psychotherapist, relationship therapist and coach working with people all over the world to reduce anxiety and have happier, healthier lives. Gwen has worked with Educating Matters for 7 years speaking about Diversity & Inclusion and Wellbeing. She studied Psychology at the University of Utah and then trained to become a teacher in Special Education, working with children with severe behaviour disorders, autism and the at risk population. She has trained many educators on behaviour management and cultural awareness. Gwen has taught in the USA and the UK. A mother of 4, she is very active in her children's schools. Political activism has always played a strong role in her life in causes such as: LGBT marriage rights, Animal Conservation, and Rock the Vote.