

# SPHERES OF INFLUENCE: MAPPING TO MITIGATE BIAS

A reflective workbook by Dr. Dédé Tetsubayashi





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## [Intro, a few words from Doc Dédé] Spheres of Influence

#### **Prompt**

- 1. In column 1, row 2, enter your name.
- 2. In rows 3-7, enter the names of the top five people in your sphere of influence.

These are the people from whom you seek guidance or direction on life's big decisions; they could be mentors, colleagues, friends, family members or your significant other(s).

But no celebrities - these should be real people you turn to in your life.

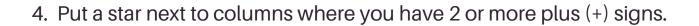


		Organization	Gender	Education	Age	Ethnicity	Marital Status	Sexual Orientation
1	Your Name							
2	Name							
3	Name							
4	Name							
5	Name							
6	Name							

		Organization	Gender	Education	Age	Ethnicity	Marital Status	Sexual Orientation
2	Name							
	Serena	Incluu	Female	PHD	32	Asian	Married	Heterosexual
3	Name							
4	Name							

#### **Exercise instructions**

- 1. Compare each group to your own.
- 2. If you come across an item that is different from yours, put plus (+) sign.
- 3. Add plus (+) sign in the age box if the person is over 5 years older or younger than you. (Ex. If you are 25, add a check if someone is 19 or younger or if they are 31 and older)







## THANK YOU

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### CONTACT

- incluu.us
- contact@incluu.us
- @the\_drdede



## THANK YOU

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