How will you apply what you learned in the video resource/the speaker's perspective to your future work experience/interactions with colleagues?

Everybody needs allies and can be an ally to others. We should have the courage to ask for assistance when faced with prejudice and uneven treatment at work. We can burst through the invisible ceiling with the aid of our colleagues, who can also advance equality and fairness in the workplace as a whole. Of course, I should also do everything I can to support others who are less fortunate than me when they require my support as an ally, whether it be through leadership, employment, promotion, or education.