

TRAINING SEMINAR

SEXISM
DIVERSITY & INCLUSION



**2 DAY TRAINING SEMINAR
FACILITATED BY**

LUCY VITTRUP & LAU PLOUG ALBJERG

SEXISM

Sexism is defined by prejudice or discrimination based on gender and can be a source of frustration, fear, stress and even depression. Therefore, it is our focus to create cultures that ensure your employee's well-being, respect and job satisfaction regardless of gender, body and sexual orientation.

- Over 13% females and 4% men suffer under sexism in Denmark
- Sexism can create stress, anxiety and depression
- Sexism is often unconscious and harmful
- Sexism is not solved with codes of conduct but with cultural change



DIVERSITY & INCLUSION

In the wake of #metoo and #blacklivesmatter, there has been an increased focus on the diverse and inclusive workspace. This new wave goes far beyond securing a better balance between genders in leadership roles. Diversity and Inclusion is a philosophy company's need to adapt to ensure they can continue to attract the best talent and stay competitive



- 64% Say Diversity and Inclusion is an important factor in their decision to accept a job offer
- Ethnically diverse leadership teams are 36 % more likely to be profitable
- 35% of LGBT's are not out in at work

FROM SEXISM TO RESPECTISM



CREATING WORKING CULTURES OF SAFETY AND
RESPECT, WHERE EMPLOYEES THRIVE, CREATE
AND ENGAGE

PURPOSE

This training aims to ensure that you create a solid cultural foundation of respect and thriving that eliminates the breeding ground for sexism & sexual harassment in your corporate culture.

According to the Working Environment Act, it is stated that 'When performing the work, it must be ensured that the work does not entail a risk of physical or mental health deterioration as a result of bullying, including sexual harassment. It is the employer's responsibility to prevent sexism and sexual harassment in the workplace - at the right time and in the right way.

When we want to ensure a culture in the workplace that ensures both well-being and security in relation to sexism and sexual harassment, the (Danish) Working Environment Authority recommends workplaces to "Create common and well-known norms, values and guidelines for the behaviour that is expected in the workplace and for the behaviour that is not tolerated".

DETAILS

We adapt the form and content to be specifically relevant to your workplace, your leaders and teams.

Prior to the seminar, we talk to key employees to ensure that you get exactly the tools you need. The seminar can be delivered both in the company or online depending on country and the number of participants.

Let's collaborate.

Contact us: booking@unlearn.dk



SPECIALISTS



LUCY VITTRUP

MA, MENTOR, KONSULENT

For over 25 years, Lucy has unstoppably mapped the landscapes of sexuality & intimacy with both academic thoroughness and experience from the lived life.

A mission she has brought to both the tech, TV and media world, which she knows from the inside both as a performance coach, writer and frequently used expert source.

With academic methodology, 20 years of therapeutic experience and her commitment to walking the talk, Lucy builds a bridge between theory and practice with unique high competence.

Lucy works out of Copenhagen, Latin America, Mallorca and London and of course – online.



LAU PLOUG ALBJERG

MA, CERT COACH

Lau brings in 15 years of experience from an international career in marketing and brand management, across northern Europe, where he has delivered growth to some of the world's most well-known brands.

His corporate background combined with his certification in cognitive behavioral coaching makes him a perfect partner for companies and individual clients looking to bring positive meaningful change

Lau holds a Master in Digital Media Management from the University of London and is passionately engaged in the Diversity and Inclusivity agenda as well as a member of the LGBTQ+ community.

Lau is located between London and Copenhagen and speaks both Danish and English fluently.