

The Healing Pledge



I, _____, pledge that I will no longer be held captive to a past of current racialized trauma in the workplace. I honor myself, and I will continue to create healthy boundaries that center my overall career health.

I commit to packing lighter and experiencing career success on my own terms. I realize any microaggressions, macroaggressions, biases, or prejudices that have tried to hold me back from being able to thrive in the workplace can no longer stunt my mental health and career.

I will do my best to continue to allow myself to heal and use the various healing tools available to me because healing is not a one-time event, but a lifestyle.

I commit to practicing healing every day. My healing matters.

X _____