



Catalyst Empowerment Summit

Calling Folks In: Driving Change Through Conversation & Listening

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Scan to **Connect.**



Scan to [Learn](#).

QR Codes

An end-to-end solution for the design, delivery, management, and tracking of QR Codes.



Link Management

Comprehensive solution to personalize, share and track your content links, at scale.

Link in Bio

Curate, customize, and track all links and landing pages, without leaving the Bitly platform.

The whisper of your organization

- A subtle signal that requires your attention
- What are you missing?

The Power of Conversation

Create meaningful connections
Share of knowledge and differing
perspectives
Create a space for vulnerable emotions
Source of support and validation
Tool for problem solving and decision making
Gives folks a voice to express their needs

Calling Out vs. Calling In

CALLING OUT

- Need to interrupt in order to prevent further harm
- Often done in public or in front of others
- May feel uncomfortable or awkward
- Let's people know their behaviour is unacceptable and won't be tolerated

CALLING IN

- Seek to understand and listen first
- You see an opportunity to explore deeper and find a mutual sense of understanding across difference
- Focused on reflection instead of reaction
- Often done in 1:1, private environments where you're able to discuss openly

“when you ask people to give up hate, you have to be there for them when they do.”

— Rev. C.T. Vivian (MLK's field general)

Deep Listening

- Come with an open mind, ready to learn and grow
- Let go of your assumptions about the other person
- Pay attention to verbal and nonverbal cues
- Seek to understand, rather than respond
- Be present and attentive
- Ask intentional follow up questions



By employers prioritizing mental health practices, it sends a clear message to employees that their well-being is valued. This creates a supportive, inclusive work environment where there's a healthy work life balance, reduced stress levels, and increased productivity.

Positive employee well-being can result in job satisfaction and better retention rates.

Rejuvenation Practices



Sacred mornings



Reading



Exercise



Spiritual practice



Meditating



Journaling



Music

Mental Health Tips:

Practice gratitude

Connect with family and friends

Healthy sleeping habits

Stay hydrated

Set goals and create action plans

Get some fresh air