



Getting the Reps with: WNBA Player Kelsey Plum

Difficult Conversations

Key Takeaways

- When other people have a different view than you, it's an opportunity to have a conversation.
- There are things that people will say only when they're around people like them. When you hear those things, it's an opportunity to speak up for those who are missing from that room.
- Tips for these conversations: Listen. Ask why they think this way. Respond with facts. Just try to get them thinking.

Things to Think About

- Are there rooms that you find yourself in where certain types of people are missing? Do people talk differently in those spaces?
- How can you start to approach conversations with people who think differently than you do?
- How does your experience as an athlete prepare you for these conversations?

Ways to Practice

- Notice the language people use when certain groups aren't present. Consider how you might feel if it were you they were talking about.
- Is there someone in your life who has a different view from you? Can you use your experience to start a conversation?

