



Your DE&I Business and Lifestyle Brief

October 2022

Black History Month: Pause & Reflect

October is BHM and with it, comes the opportunity for us to not only celebrate Black history, culture, excellence, love, and joy; but it also demands of us to take time to pause and reflect. It must deepen our understanding of the experience of living while Black in a racialised world. It must be a moment for introspection so that we may understand ourselves better, to commit to doing better. Necessary dialogues have also been opened on the long shadows cast by empire and ignited calls for there to be a decolonisation of grief - the oppressed are not obligated to grieve their oppressors. Let us centre Black voices and hold space for one another during BHM to begin activating for change year-round.



This Month's Features



Race in the Workplace: The Frontline Experience

A McKinsey report shines a light on the experiences of frontline workers of colour, and the skills workers need to advance. It also offers steps companies could take to improve job quality and better support frontline workers of colour to develop and progress in their careers. [Read here.](#)



Being Black in the United Kingdom

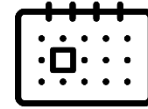
A new Coqual research report examines the impact of systemic racism in the workplace, revealing the daily microaggressions and barriers to advancement that Black professionals face daily. Coqual offers a framework that provides steps companies can take to advance their DE&I work. [Read here.](#)



The Dangers of Courage Culture and Why Brene Brown Isn't For Black Folk

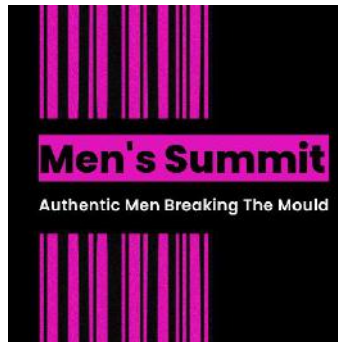
Dr. Yazeed discusses the importance of supporting the work of Black authors instead of adding to the system that allows non-Black counterparts to move up the economic ladder with books and lectures that don't speak to the pain of Black folk. [Read here.](#)

Upcoming Events



Black Voices Amplified

Our BHM Storytelling Series centres Black British voices, illuminating their journeys which have brought them to where they are today. Our first storyteller is Paralympian Derek Derenalagi who shares his story with us **tonight at 7pm BST** so don't miss out. Register to attend [here](#).



Men's Summit 17 November 2022

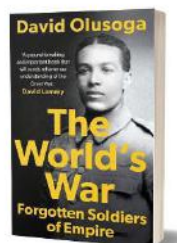
We are bringing men, change-makers, and allies together to explore how men are redefining masculinity on their own terms to liberate themselves and embrace vulnerability to live their truest selves. Find out more and get your FREE ticket [here](#).



The Story Behind My Caribbean Cultural Style

Cultural Fashion & Arts (CFA) are proud to present an evening of live and engaging discussion around the history of Caribbean traditional clothing and its modern day relevance and importance. Book [here](#).

Lifestyle Picks



Read The World's War: Forgotten Soldiers of Empire David Olusoga

Olusoga's sweeping narrative explores the experiences and sacrifices of four million non-European, non-white people whose



Visit Slavery & the Bank exhibition, Bank of England Museum

For over 300 years, the slave trade tore more than 12 million African people from their homes and families. This exhibition reflects on how the wealth created through

stories have remained too long in the shadows. [Read here.](#)



Watch The radical, revolutionary resilience of Black joy

In the face of trauma, happiness is resilience: a revolutionary act of thriving despite all odds, rather than wilting or surrendering. Community organizer and activist Miracle Jones offers a heart-to-heart meditation on the role of joy as a form of radical resistance for Black folk. [Watch here.](#)

transatlantic slavery shaped the development of Britain. Book [here.](#)



Listen Queen Elizabeth II & Empire (with David Olusoga)

William Dalrymple and Anita Anand are joined by David Olusoga for a special episode of Empire, where they discuss the Queen, the Commonwealth, the future of the monarchy and the long shadow of Empire. Listen [here.](#)

Meet The Team



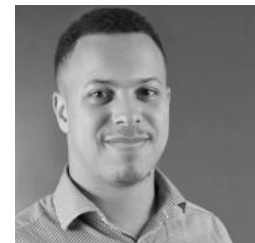
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Tim Hardy-Lenik
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Ray James
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Daniel Palmer
Data & Partnerships
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Dylan Shimmon
Learning
Experience
Designer



Apple Cueto
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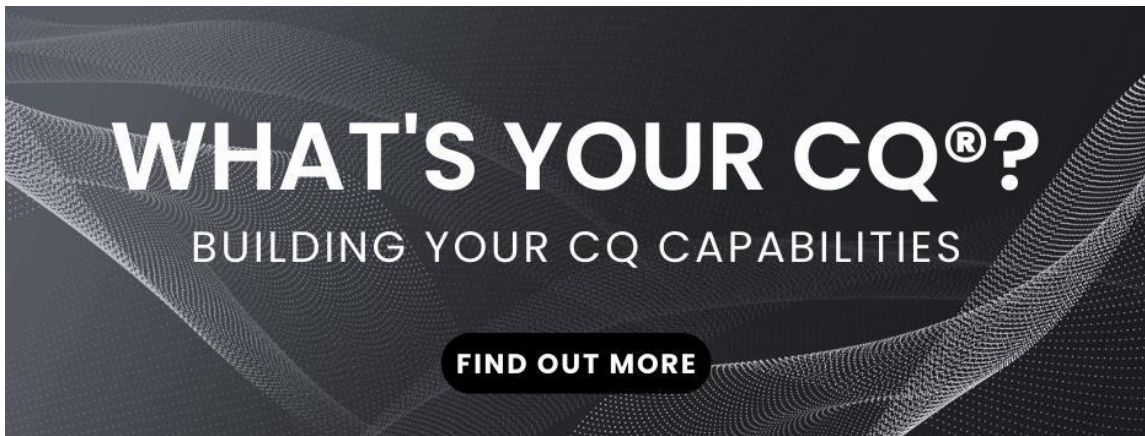
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