

Reflective Worksheet 8

Workplace Discrimination

Workplace discrimination can affect your confidence, safety and financial stability. This worksheet offers a supportive space to reflect on your experiences at work, how they impact your wellbeing, and how they may connect to gambling. Take your time and allow yourself to explore these questions with care and self-respect. If you would like to explore this further in your coaching sessions, please speak to your Recovery Coach



Impact

What forms of discrimination or exclusion have you experienced at work?



Safety

How have these experiences affected your confidence, wellbeing or sense of safety?



Coping

When work feels unsafe or invalidating, what coping strategies do you turn to?



Support

What rights, policies or supports do you feel aware of and what feels unclear?



Support

Who could support you in navigating workplace challenges?



Safety

What would a safer, more affirming work environment look like for you?
