

Creating Belonging in the Workplace with Carlos Andrés Gómez

DIVERSITY, EQUITY, INCLUSION, & ACCESSIBILITY

Carlos Andrés Gómez creates custom-tailored, dynamic keynotes and interactive engagements that galvanize employees toward creating a workplace characterized by purpose, connection, respect, and a deep sense of belonging. Carlos gives participants actionable tools and strategies to implement in their lives.

Carlos will typically deliver one of his lauded keynotes, engage in conversation with a moderator on a specified theme, or facilitate an interactive seminar. Whether he's hosted for a lunch and learn, an event celebrating Hispanic/Latinx Heritage Month (Sep./Oct.), a conversation to engage men in the fight for gender equity, or brought in to activate your company with his distinct electricity and charisma, Carlos is unlike any other speaker you will find.

**SPEAKER | AUTHOR |
EQUITY & INCLUSION STRATEGIST |
CONSULTANT | POET**

“Empowering and
captivating for listeners
of all varieties.”

— Kirsten Sylvain, *The Free Press*



CREATING BELONGING IN THE WORKPLACE

TESTIMONIALS

DIVERSITY, EQUITY, INCLUSION, & ACCESSIBILITY

Carlos Andrés Gómez has delivered keynotes and facilitated sessions across 47 U.S. states and 26 countries across five continents. An International Book Award-winning author, speaker, and DEIA strategist with more than two decades of experience, Carlos is a star of HBO's *Def Poetry Jam* and Spike Lee's *Inside Man* with Denzel Washington. He is also a poet and performer who has been tapped to keynote, create original commissionings, be a spokesman, and facilitate trainings for several major brands and organizations, including Microsoft, Pepsi, Unilever, General Mills, Facebook, Goldman Sachs, the White House, Expo 2020 Dubai, Thermo Fisher Scientific, Macy's, and many others.

Author of the poetry collection *Fractures*, selected by Pulitzer Prize-winning former U.S. Poet Laureate Natasha Trethewey as the winner of the Felix Pollak Prize, and the memoir *Man Up: Reimagining Modern Manhood*, released by Penguin Random House, Carlos is a graduate of the University of Pennsylvania and the MFA Program for Writers at Warren Wilson College. He is a proud Colombian American and father of two.

Carlos is killing it—he's such a powerful speaker.
— John Legend

Carlos is amazing...His grace and power and humor demand not only that people listen, but also that they act for change—in themselves and the world around them.
— Mallika Dutt, Founder & Former President & CEO of Breakthrough

Powerful and tear-jerking...a mind-blowing, perspective-changing experience.
— Shannon Busta, *Cord Weekly*

...a truth-telling visionary.
— Sarah Higginbotham, *Brass Magazine*



CREATING BELONGING IN THE WORKPLACE

SELECT TOPICS

Toward a Culturally-Affirming & Inclusive Workplace

This session is about identifying actionable strategies for making the workplace more culturally-responsive, affirming, and inclusive, particularly for historically-marginalized colleagues. What concrete approaches can be implemented to make the workplace more fair, while promoting a greater sense of belonging for everyone? How can each of us develop systems to identify where our gaps in knowledge and understanding persist? And how can that self-reflection be a galvanizing opportunity toward greater equity and inclusion? Participants will leave this workshop better-equipped to create and nurture a community that centers respect and belonging.

ROIs:

- *Participants will **comprehend concepts** related to diversity, social identity, equity, and inclusion.
- *Participants will **build cultural competency and awareness** about unconscious bias, structural and systemic inequity, and intersectionality.
- *Participants will **examine the effect** of cultural norms on policies, established practices, and ways of thinking, particularly as it relates to social identity and equity.
- *Participants will **analyze** common pitfalls and obstacles that undermine equity and inclusion.
- *Participants will **identify concrete strategies** to be more culturally-responsive, affirming, and inclusive.

Reimagining Gender: Beyond Socialized Roles, Beyond the Binary

This interactive session examines the ways in which we have been taught to think about gender. More specifically, what expectations and assumptions have we been taught to associate with gender? And how do those ideas impact how we think about ourselves, navigate the world, and interact with each other in the workplace? How do our other identities impact how we understand and experience gender? And, finally, how can we engage men in being allies and champions for a more gender equitable workplace? Participants will leave with actionable tools and strategies to promote gender equity.

ROIs:

- *Participants will **comprehend concepts** related to gender, equity, and inclusion.
- *Participants will **build competency and awareness** about unconscious gender bias, sexism, and transphobia.
- *Participants will **identify concrete strategies** to counteract unconscious gender bias, sexism, and transphobia.

Tools for Self-Care: Mental Wellness & Emotional Resilience

In a time of intense stress, isolation, and anxiety, the need for strategies to promote mental wellness and build emotional resilience are more urgent than ever. From routine building to evidence-based psychological strategies and more, this timely and interactive program focuses on giving participants actionable tools for how to best advocate for mental and emotional wellness.

ROIs:

- *Attendees will build competency and awareness about mental and emotional health, relevant concepts, and evidence-based strategies for mental wellness and emotional resilience.
- *Attendees will examine the effect of various strains on their mental and emotional wellbeing, as well as strategies for alleviating those stresses.
- *Attendees will identify concrete strategies to promote mental wellness and emotional resilience.



CREATING BELONGING IN THE WORKPLACE

DIVERSITY, EQUITY, INCLUSION, & ACCESSIBILITY

**For further information on booking Carlos and his
availability, please contact:
booking@carloslive.com**



TESTIMONIALS

★★★★★ (5/5 stars) — *Gómez lays himself bare...a quarter of the audience shed tears yet the show was uplifting.*
— Bernie Greenwood, *Hairline Magazine* (U.K.)

*Carlos Andrés Gómez is one of the most compelling voices of our generation...
Raw, entertaining, and empowering.*
— Imani Woomera, *Slam Africa*

Powerful, empathetic, inspiring.
— Christopher Moses-Jenkins, Dean of Students, The Berkeley Carroll School

Spellbinding, vulnerable, and powerful...[He] makes you feel like he is on stage performing for millions and having a one-on-one conversation with you and your heart all at the same time.
— Jeffrey Perera, Founder/Chairperson, Ryerson White Ribbon Campaign

For more:

CarlosLive.com