

Career Advising as a Black Woman: The Realities, Challenges, and Strategies

NALP Annual Education Conference, April 28, 2021

Navigating Workspaces and Careers as a Black or Otherwise Diverse Person:

- [“The Path and The Practice”](#) podcast by Alexis Roberston (Director of Diversity & Inclusion, Foley & Lardner)
- [“The Emotional Labor of Being the Only Black Person on Your Team,”](#) The EveryMom, March 15, 2021
- [“Hypervisible, Invisible: How to Navigate White Workplaces as a Black Woman,”](#) Cirea Graham, Career Contessa, June 3, 2020

Strategies for Supporting Black Colleagues:

- [“Beware of burning out your black employees,”](#) Najoh Tita-Reid, Fortune, June 8, 2020
- [“How to Be a Better Ally to Your Black Colleagues,”](#) Stephanie Creary, Harvard Business Review, July 8, 2020
- [“One Black employee’s answer to “How can I help?”,](#) Alica Forneret, Culture Amp

Self-care Strategies for Black Women:

- [“4 Tips for When You're the Only Person of Color in Your Office,”](#) Natasha Nurse, The Muse,
- [“When and How to Respond to Microaggressions,”](#) Ella F. Washington, Alison Hall Birch, and Laura Morgan Roberts, Harvard Business Review, July 3, 2020
- [“4 Self-Care Practices For Women Of Color In The Workplace,”](#) The Establishment, February 18, 2018
- [“12 Organizations That Support Black Women's Physical And Emotional Health,”](#) Naydeline Mejia, Women’s Health, February 5, 2021