

About Face

Rethink what you think.

Watch the video “I am not lazy,” featuring Bess Hash.

Questions for Discussion on the Video and Inclusion and Diversity:

1. Have you ever made assumptions about someone’s work ethic because of their physical appearance?

2. How would you react if you heard people making jokes about a coworker’s physical appearance?

3. What can you do to make people, who may be different than you, feel more welcome and included?

4. Have you ever known someone who lost significant weight? Did your opinion of them change when they lost the weight? Why do you think that is?



“When I was thinner, I was part of a different group. ‘Bess has all the good ideas, Bess is doing this or Bess is doing that.’ I didn’t get any smarter or richer. All of a sudden, I was great. Then I put on a few pounds, and it’s ‘let’s put Bess back on the shelf again.’”

Bess Hash



Inclusion +
Diversity