What Happens Next?

Possible pathways after difficult workplace situations

HERizon

01

Situation improves

Communication and support help improve the situation. Continue monitoring your wellbeing and boundaries.

02

Repeated discrimination or harassment

The situation continues or becomes emotionally harmful. Learn how to recognize harassment, protect your boundaries, and understand discrimination.

03

Stress, fear or self-doubt

The situation affects emotional wellbeing and confidence. Focus on emotional support, self-confidence, and healthy coping strategies.

04

Support and Recovery

Seeking support can help rebuild confidence, safety, and wellbeing. Remember that asking for help is a sign of strength.