

How Much to Tell Work

Decide what you want to share at work, and what stays yours.

WHEN TO USE THIS

Use this before you talk to a manager, a teacher, or someone in HR.

Sort it out before you talk. What goes in each column?

WILLING TO SHARE

STAYING PRIVATE

What do you actually want out of the conversation?

A change, some time, or only for them to know.

Who feels safest to tell first?

You can talk about the effect on your work without giving the reason behind it.

You get to decide how much of this belongs to them.