



Why do we want an inclusive environment?	
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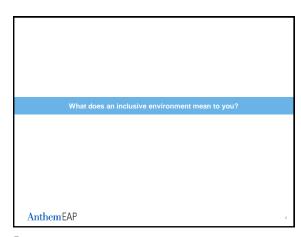
# Components of an Inclusive Environment

- Individuals are treated with dignity and respect
- Valued for their similarities and differences
- A conscious effort must be made to respect and listen to everyone
- Each person is an essential part of the organization



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#### What Makes You Feel Included

- When you are invited to participate in meetings?
- When coworkers involve you in their activities?
- When employees understand your personal interests, religion, and beliefs?
- When personal matters such as health concerns or child concerns are acknowledged?
- Strong Positive Communication

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#### How To Create an Inclusive Environment

Consider others viewpoints
Choose topics, venues, events where everyone will

· Sign up to lead something in

· Educate but never put down!

feel included

the office

Smile!

- Get involved with extracurricular activities
- Be friendly and remember how important manners can be
- Leave something visual or interesting on your desk
- Listen to what others have to say before expressing your viewpoint.
  - Never speak over, butt in, or cut off another person

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Tolerance Vs. Acceptance		
TOLERANCE	ACCEPTANCE	
Separateness and ignorance	Celebrates differences	
Two sides endure each others presence	Fosters understanding and togetherness	
Misunderstanding as to why people are the way they are	There are no boundaries, just different ways of approaching the same problem	
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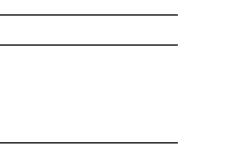
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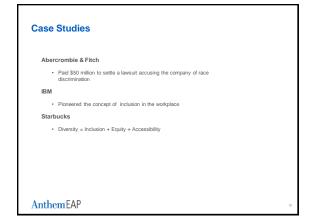
### Inclusion Outside of the Workplace

- · Explore the world
  - Try different cuisines, other forms of entertainment, different cultures
- Invite colleagues to dinner, concerts, movie
- · Set up events where everyone is invited
- Embrace others despite their differences
- Look for ways to learn from others
- Don't be afraid to branch out!



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# **Everyday Situations**

What are you doing for Christmas?

What are your kids doing for the summer?

When picking a restaurant for a business lunch, what restaurant should you pick?



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# How EAP Can Help ...

- Face-to-face counseling sessions
- Child/Eldercare consultation & referrals

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