



Inclusion is the culture in which the mix of people can come to work, feel comfortable and confident to be themselves. Inclusion will ensure that everyone feels valued and importantly, adds value.

To celebrate differences: Read diverse books and watch TV and movies of other cultures, listen to music from outside your own culture, visit cultural museums/gardens, try new restaurants with diverse foods, attend festivals celebrating other heritages, talk about differences, understand people and their backgrounds, have celebrations that don't center on holidays or celebrate cross-culturally, allow yourself to be open to that which you are not familiar.

When we don't understand others, this can lead to stereotypes, implicit bias, and microaggressions.

Stereotypes

Judgements or characteristics attributed to specific groups of people – races, genders, age, groups etc – that may or may not be true for any one specific individual within that group.

Implicit bias

Subconscious attitudes, perceptions and stereotypes that influence our understanding, actions and behavior when interacting with various identities.

Racial microaggressions

are brief and commonplace daily verbal, behavioral, and environmental indignities, whether intentional or unintentional, that communicate hostile, derogatory or negative slights and insults to the target person or group. Can easily go unnoticed and unacknowledged, but they can hurt the target without them even realizing what was done. They further the gap of disparities.



CorpCare

CorpCare's Employee Assistance Program is here to help. If you are interested in adding confidential, caring, professional assistance, call to sign up your hospital.

877.843.6036

CARING · SUPPORTIVE · CONFIDENTIAL