

Definition of Inclusion

Use this worksheet to reflect on the inclusivity of your company (professional setting) by honestly addressing questions.

How inclusive is your company/organization?

When was the last time you listened, but did not hear, within a professional setting?


When was the last time you made a decision based on what you heard, within a professional setting?

When have you felt the opportunity to share your opinion, within a professional setting?

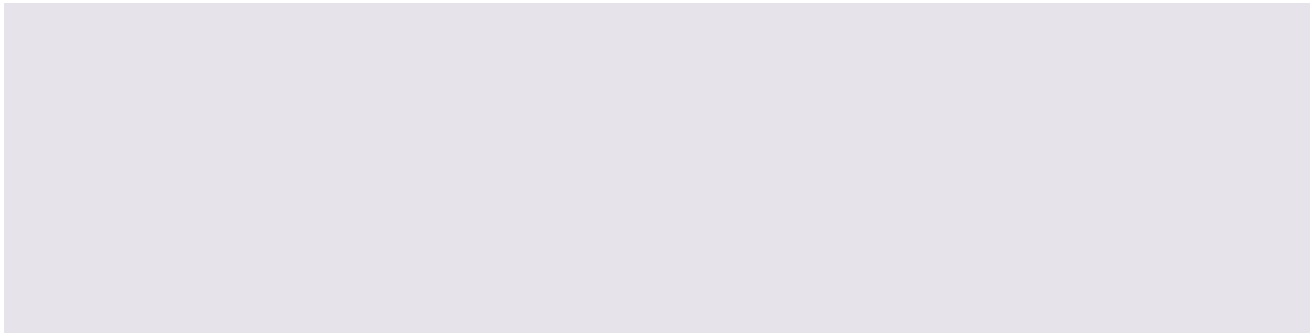
Definition of Inclusion

Use this worksheet to reflect on the inclusivity of your family dynamics (personal setting) by honestly addressing questions.

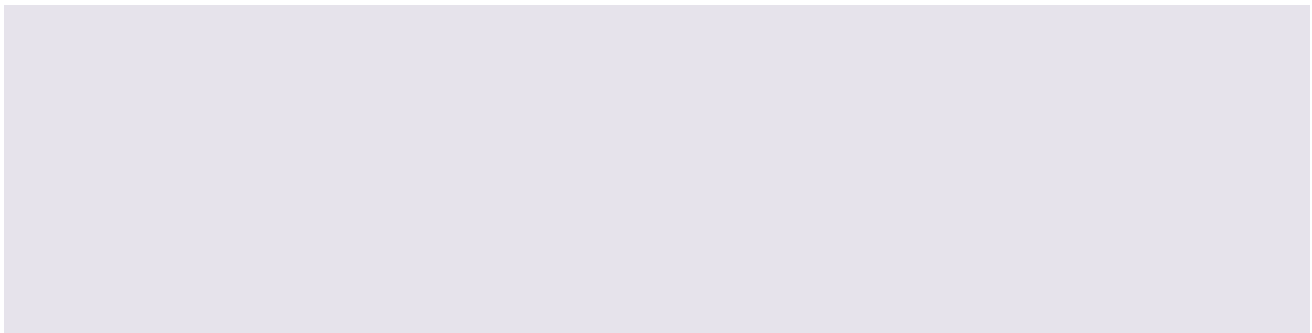
How inclusive is your family/personal circle of influence?



When was the last time you listened, but did not hear, within a personal setting?



When was the last time you made a decision based on what you heard, within a personal setting?



When have you felt the opportunity to share your opinion, within a personal setting?

