

What's your InQ (Inclusion Quotient)?

Self check-list to strengthen your InQ



Do I listen without judgment and openly receive differing views?
Especially when presented with a contrarian view



Do I apologize if an inappropriate remark I made is called out?
Nobody is perfect; however, a quick correction can build trust



Do I read or ask questions about things I do not fully understand?
Inclusion is a journey and staying curious may accelerate it



Do I look back & celebrate how far we've come?
Especially when you experience diversity fatigue



Do I influence others to demonstrate inclusion?
For e.g. At home, amongst friends, with children's friends etc.