

How Can I Contribute to an Inclusive Space?

Practice these 10 strategies to increase your inclusion skills.

- Check your biases and assumptions at the door.
- Immerse yourself in new cultures and make friends outside your circle.
- Take in art and media from marginalized groups.
- Sit with uncomfortable feelings and reflect on those feelings.
- Have difficult conversations with folks who are contributing to a toxic environment.
- Seek professional advice or help from people with lived experience.
- Refrain from playing the devil's advocate.
- Be honest about your knowledge and forgive yourself if you mess up.
- Look inward; ask yourself, "What is my contribution?"
- Don't be afraid to make mistakes.



Together, we can create more inclusive workplaces for persons with disabilities.