

inclusion at work

MAKES YOU FEEL

A

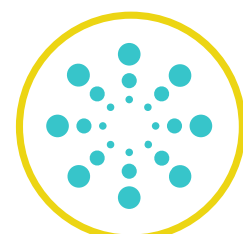
Accelerate
Awareness



- A Lack of self-awareness is poison. Reflection and review are the antidotes.
- What actions are you taking to enhance it?
- Where do you stand emotionally, mentally, and physically?

L

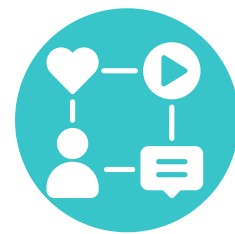
Leverage
Belonging



- The two dimensions of inclusion: uniqueness & belonging
- The essence of belonging lies not in conformity, but in the audacious and unapologetic revelation of your true, authentic self.

I

Integrate
Well-being
& Workload



- Prioritize
- Breath (Inhale/Exhale)
- Stay Active
- Gratefulness
- Eat Well
- Stay Connected
- Honor Boundaries

V

Value
Conflict



- Don't avoid hard questions or hard truths
- Encourage others to share viewpoints openly
- Gather
- Inquire
- Rethink
- Transparency

E

Elevate Each
Other



- The last pillar is a challenge to answer the call to elevate and empower others.
- Who can you elevate and empower this week?

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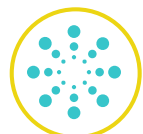
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Connect with Me



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As a result of what I learned from this keynote, I am going to ...

- Next Week:
- Within One Month:
- Within Three Months:

I know I am succeeding with my learnings when...

My Key AHA Moments are:

- ① _____
- ② _____
- ③ _____

90-Day Follow Up: After nine days, assess your progress.

- ① How well did you accomplish your objectives?
- ② What in your work environment supported you in achieving your goals?
- ③ What in your work environment blocked you in achieving your goals?
- ④ What ongoing goal(s) will you now strive to achieve?