

# Cultural Diversity Matters

## It's a Big World

21st-century working has created amazing opportunities to integrate cultures from around the world. With this opportunity comes the challenge of integrating respect, curiosity and expectations. In this session, we will explore why it is important to focus on cultural diversity from both an ethical and business point of view. We will talk about how accidental exclusion can happen and the real-world impacts. We will workshop scenarios looking at multiple ways to move forward. We will talk about challenging our own bias for how things are "supposed to be" or "the way it's always been" in favour of using a growth mindset in our learning so that we can continue to grow and develop for the betterment of the individual, the team and the corporate culture you want to emulate.

## Session Outline

- Why do we need to focus on cultural diversity?
- Checking our own bias
- Minority stress and challenges faced
- Ensuring opportunities for all to succeed
- Specific scenarios for consideration
- Expanding communication skills
- Question and Answer opportunity

## Session Includes

- Personal attention and feedback in an informal atmosphere
- An invaluable booklet complete with information covered on the session
- Open forum to ask questions



### Speaker: Gwen Jones

Gwen has an MSc in Occupational Psychology focusing on Workplace Wellbeing. She is a trained psychotherapist, relationship therapist and coach working with people all over the world to reduce anxiety and have happier, healthier lives. Gwen has worked with Educating Matters for 8 years speaking about DEI and Wellbeing. She studied Psychology at the University of Utah and then trained to become a teacher in Special Education, working with children with severe behavioural disorders, autism and the at risk population. She has trained many educators on behaviour management and cultural awareness. Gwen has taught in the USA and the UK. A mother of 4, she is very active in her children's schools. Political activism has always played a strong role in her life in causes such as: LGBT marriage rights, Animal Conservation, and Rock the Vote.