



Testing Tolerance

Tolerance and acceptance does NOT equal value and appreciation. How are you currently acknowledging, valuing, appreciating, and including the diversity of your colleagues, students, and community? Creating and sustaining an inclusive, accepting, respectful culture begins with first seeing the differences of others as a value add and contribution.



Change

The price of doing the same old thing is far higher than the price of change. But coping with change is no easy task. It can be quite uncomfortable for those asked to make, understand, or embrace it. Sometimes we unconsciously resist change, even when we think we're open to it. It's a natural human instinct. But the greater the disruption, the greater you'll have to adapt. The greater the adaptation, the greater you'll become inspired. The greater the inspiration, the greater the shift toward a new way of thinking.



New Normal

New Normal is about embracing and adopting a new mindset. Moving into the new normal means facing and overcoming your barriers or stigmas. Doing so will free you up from all the things mentally preventing you from seeing challenges as opportunities or from progressing toward your goals, despite the circumstances. This is what truly leads to transformation of the mind and perspective.

DIVERSITY & INCLUSION: EMBRACING CHANGE TO ADAPT TO LIFE'S NEW NORMAL

