

Diversity Moment

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We listen to hear every voice.



EMPATHY

We empathize to connect and belong.



ALLYSHIP

We are all allies to one another.



DEVELOPMENT

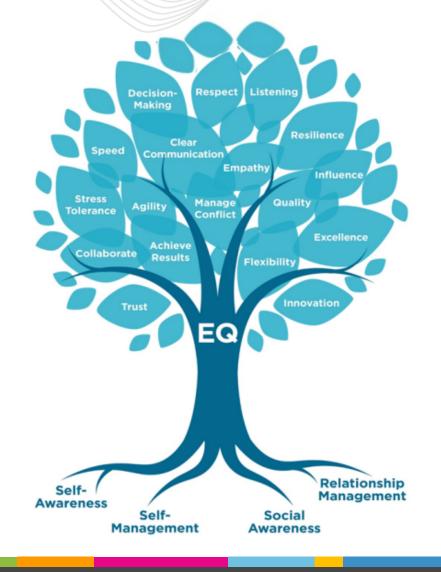
We develop ourselves and each other.

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What Is EQ?

Emotional Intelligence (EQ)

Is your ability to recognize and understand emotions in yourself and others, and your ability to use that awareness to manage your behavior and relationships.

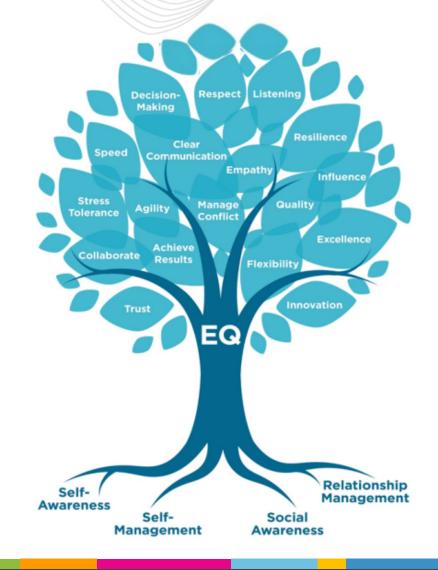


What Is EQ?

Emotional Intelligence (EQ)

Is your ability to recognize and understand emotions in yourself and others, and your ability to use that awareness to manage your behavior and relationships.

EQ is about relationships.







VUCA world

Volatility, Uncertainty, Complexity and Ambiguity "In a VUCA world, emotional intelligence is crucial for building strong relationships, managing stress, and navigating change."

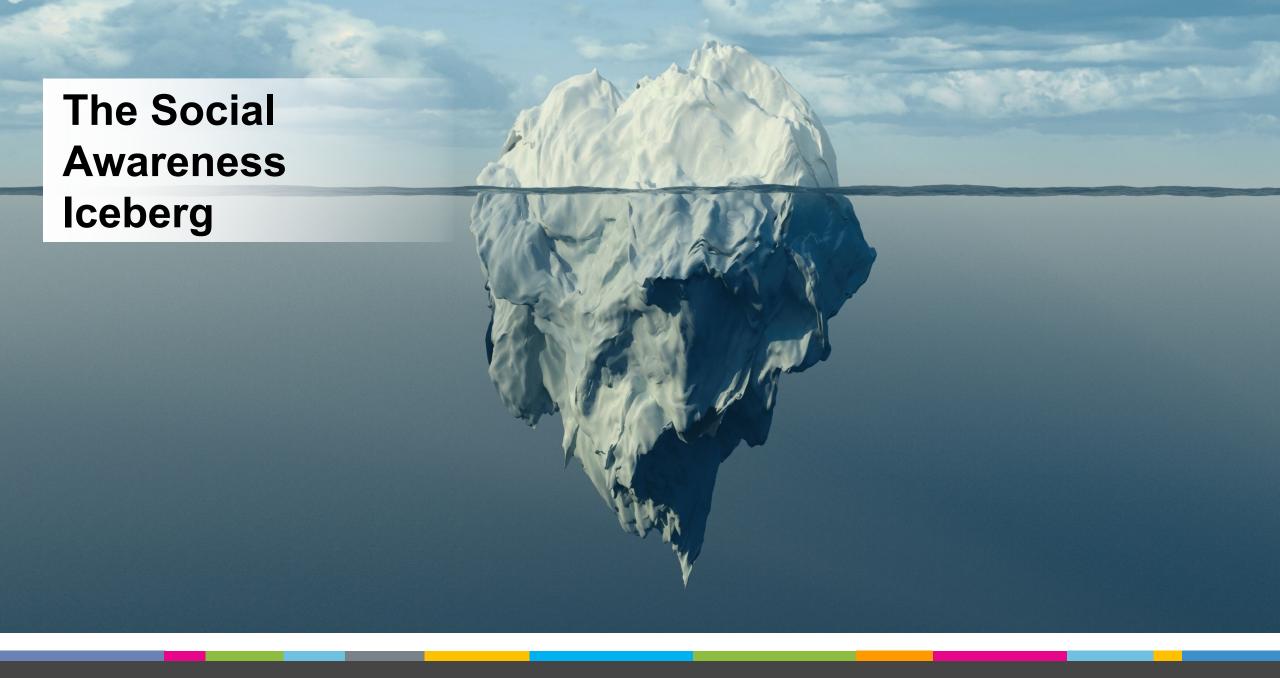
- Ron McIntyre, Leadership Anthropologist





"Our relationships are a source of healing and well-being hiding in plain sight – one that can help us live healthier, more fulfilled, and more productive lives."

Dr. Vivek Murthy, U.S. Surgeon General



Impact of Dimensions of Diversity

Are you seeing the whole picture?

- Age
 - Ethnicity
- Skin color
- Gender
- Visible disabilities

Impact of Dimensions of Diversity

Are you seeing the whole picture?



- Age
- Ethnicity
- Skin color
- Gender
- Visible disabilities
- Religion
- Nationality
- Sexual orientation
- Wealth

Impact of **Dimensions of Diversity**

Are you seeing the whole picture?

Be sensitive to understand you may not know what is below the surface.



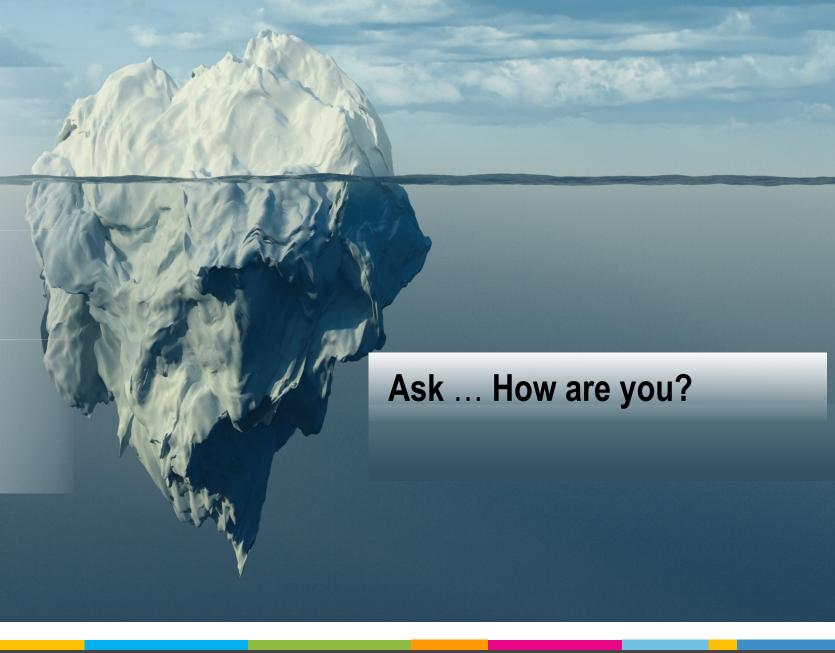
- Age
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- Religion
- **Nationality**
- Sexual orientation
- Wealth
- Culture
- Education
- Family status
- Lived experiences

- Non-visible disabilities
- Neurodiversity
- Personality
- Values

The Social Awareness Iceberg

Are you seeing the whole picture?

How can you better connect and unlock trust or greater potential?







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