

Inclusive excellence series recaps months of content

by Karen Burbach, UNMC strategic communications | July 12, 2021



UNMC's marathon journey toward building a more inclusive community paused briefly Thursday to recap, review and discuss six months of inclusion content.

There was no quiz or grade; rather, open discussion on topics covered since the Office of Inclusion first launched its "Conversations for Inclusive Excellence" sessions in January.

Led by Sheritta Strong, MD, director of inclusion, participants viewed a summary video that highlighted past TedTalks on such topics as cultural humility, adverse childhood experiences, building inclusive cultures and combatting racism and place-ism.

Participants were reminded to cherish the differences in one another because, as one TedTalk speaker said, "I'm not different from you; I am different like you." Another TedTalk speaker said that joining like-minded groups is comfortable but also creates "outsiders" who may feel excluded. And, a UNMC participant reminded us how impactful – yet simple – it is to warmly greet and acknowledging those around you, whether it's by making eye contact, saying "good morning" or (during mask wearing) sending a friendly wink. During the hourlong session, participants considered:

- What can be done to get to know our neighbors better;

- How can we teach our learners/coworkers to see everyone as a whole person;
- How does the culture you most align with shape your identity, experiences or worldview; and
- What can leaders do to make you feel valued?

Interested in learning more? Read online recaps from the earlier sessions:

- [Being culturally humble and aware \(https://www.unmc.edu/news.cfm?match=26801\)](https://www.unmc.edu/news.cfm?match=26801)
- [Fighting racism and place-ism \(https://www.unmc.edu/news.cfm?match=26913\)](https://www.unmc.edu/news.cfm?match=26913)
- [Cultural humility and the lens with which we see others including appearance, culture and first impressions \(https://www.unmc.edu/news.cfm?match=27046\)](https://www.unmc.edu/news.cfm?match=27046)
- [Understanding the impacts of childhood adversity \(https://www.unmc.edu/news.cfm?match=27194\)](https://www.unmc.edu/news.cfm?match=27194)
- [Steps to building an inclusive culture \(https://www.unmc.edu/news.cfm?match=27344\)](https://www.unmc.edu/news.cfm?match=27344)
- [Steps to creating inclusive workplaces \(https://www.unmc.edu/news.cfm?match=27450\)](https://www.unmc.edu/news.cfm?match=27450)

Sponsored by the UNMC Office of Inclusion, "Conversations for Inclusive Excellence" allow participants to engage in meaningful and, at times, uncomfortable conversations to co-create understanding. Participants also gain tools to continue the dialogue within their departments and offices. The sessions, which take place on the second Thursday of every month, challenge participants and the assumptions we all make consciously and unconsciously.

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