

## Communicating Inclusively

Find out how to create inclusive conversations in our diverse world and how to avoid the pitfalls.

It's often easier to get on with people who are "like us", but we need to be able to work and live with people who are different. In this session we explore the many differences between people and how to adapt our communication to have inclusive conversations.

*"we're like a kind of crystal that has many facets to ourselves...we can't be understood in one simple image...it's a kind of multi-faceted version of identity"* Grayson Perry

### In this session we will:

- Explore the differences between people - such as gender, ethnicity, religion, sexuality, age, disability, neurodivergence, language, class, education - that affect how we see the world and each other
- Discuss how our filters, cultural assumptions and stereotypes may affect our interactions and lead to unconscious bias.
- Consider the impact of a lack of inclusion on individuals and organisations.
- Share ways to become more inclusive communicators and create a personal action plan.

### Speaker

Catherine Stothart (MSc, BA (Oxon), CFCIPD) is a Leadership Coach who has coached and trained hundreds of leaders to engage and motivate their teams and to develop themselves, in top multinational companies, including Airbus, Google and Audi.

Her best-selling first book, now in its second edition, [How to Get On with Anyone](#), (Pearson, 2024) is a guide to improving your interactions and relationships with anyone, whatever their personality type or background. In her third book, [Motivation: The Ultimate Guide to Leading your Team](#), (Routledge,2023) she sets out how to lead others to fulfil their purpose and potential.

For more information see her [website](#) and [Linkedin](#) profile.