

# How can belonging be cultivated in your communities?

<https://bit.ly/EmpVoice23>

**At the end of your working time, be prepared to share with the large group:**

- How do you define “belonging”?
- What community(ies) are you considering?
- Describe the impacts of one or more influences on the feeling of belonging
- Action steps or solutions to improve feeling of belonging/inclusion based on one or more of the subcategories.
- Three to five minute argument supported with research
- Your communication style can be in any format you choose

**Getting started:** Use these resources to get started with research, if needed. Your presentation can incorporate none, one, two, or three of these subcategories. Please note that the number of subcategories used will not alter your score. You are not limited to these resources nor do you need to use them if you don't want to, they are simply supplied if you need a “starting point.”

- How do perceptions of different generations impact belonging?
  - [Generational Differences Chart](#)
  - [Generational Diversity](#)
  - [Mental Health Perceptions Across Generations](#)
  - [Generations Throughout History](#) (video - please use earbuds if available)
- How do our own personal bias' impact belonging?
  - [19 Unconscious Bias Examples to Overcome and Help Promote Inclusivity](#)
  - [Are You Aware of Your Bias?](#)
  - [Diversity, Equality, Inclusion and the Importance of Belonging](#)
  - [TedTalk - We all have Implicit Biases](#) (please use earbuds if available)
- How does conformity impact belonging?
  - [Conformity Bias](#) (also includes a video, please use earbuds if available)
  - [Fitting In, The Neuroscience of Conformity](#)
  - [What is Conformity Psychology and What Does it Do to A Person?](#)
  - [The Science of Sameness](#)