

# Strength in Our Differences

Our differences shape how we think, communicate, and experience work. When they are recognised and valued, they strengthen wellbeing, trust, and connection.

Small, everyday actions help create inclusive environments:

- Making space for different perspectives and voices
- Challenging assumptions with care and respect
- Recognising individual strengths and contributions

Encourage colleagues to reflect on how difference shows up in everyday work, and remember that the **Employee Assistance Programme** offers confidential support for emotional, practical, and personal challenges throughout the year.



Scan the QR code to explore resources on inclusion, wellbeing, and psychological safety.



counselling

& advice helpline

 0800 328 1437

 [employeeassistance.org.uk](https://employeeassistance.org.uk)

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