## Belonging Blueprint.

## **University Hospital Southampton**

**NHS Foundation Trust** 

Your step by step guide to creating a culture of inclusion and belonging



**SELF** It starts with you

- Self-reflect
- Self-educate
- Self-regulate



**ACTION** 

Be the change

- Have co-operative conversations
- Champion learning over knowing
- Challenge behaviours not people



- Identify 3 key things you want to Share what's working improve
- Identify your why
- Take small measurable steps



Reach out to others

- Don't be afraid to ask questions
- Embrace engaging discussions



- Acknowledge diversity
- Be aware of your biases
- Respect each others individuality



S.A.F.E.R