



Inclusive Pedagogies



Integrating inclusion strategies into my practice: Where do I start?

From the literature, **shifting** attitudes and habits involves personal **reflection**, **exploration** of the topic, **discussions**, gradual **implementation** of strategies, and **evaluation** of the impact of the changes made. (TLSS, 2022)

Making changes can mean discomfort and resistance:

It is normal to feel this way. It is not negative in itself: It leads us to reflect and grow.

You feel unsettled? If needed, consult: colleagues, wellness resources, employee assistance program, etc. And take it easy on yourself!

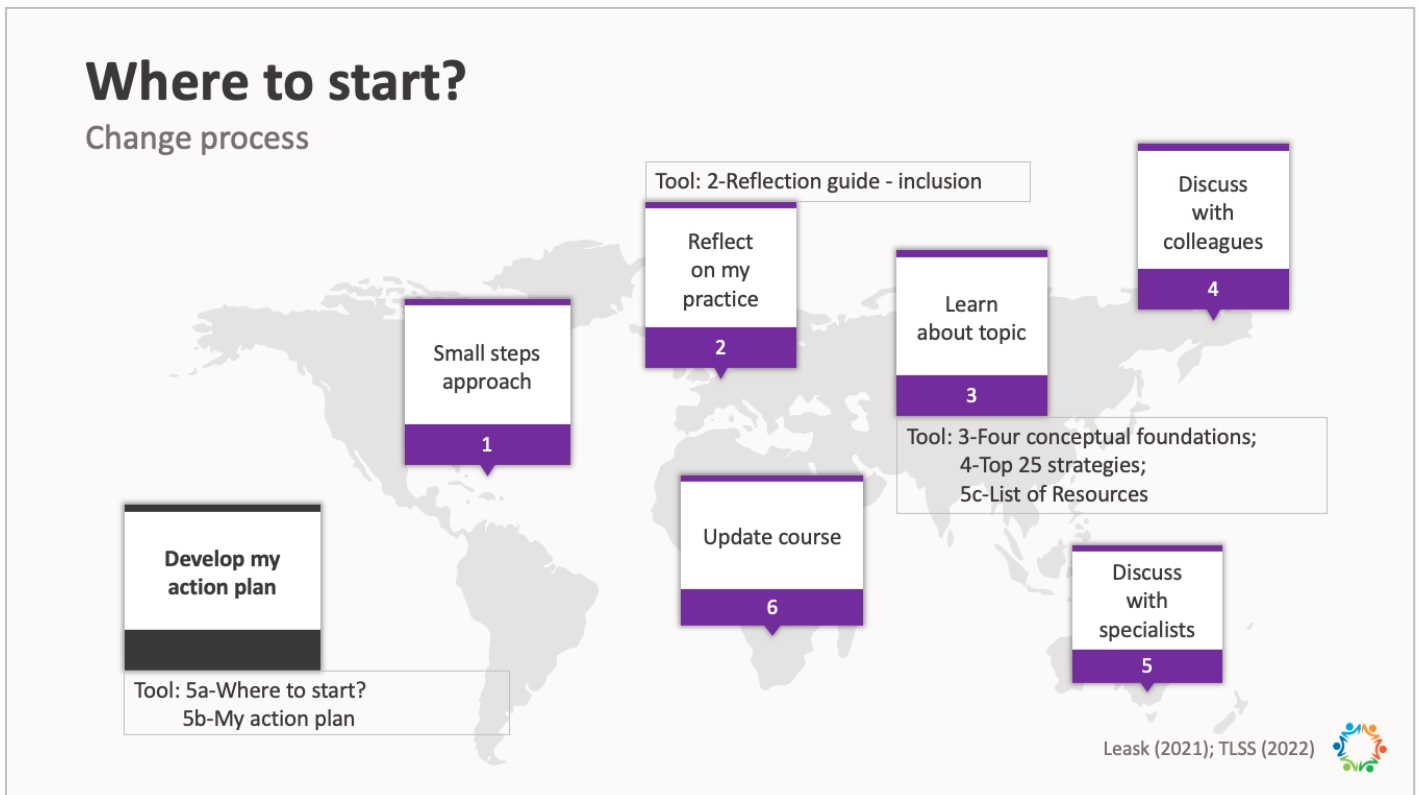


Figure 1: Excerpt from webinar on Inclusive Pedagogies, section 5 - Resources

