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