



MICROLEARNING- 10 MINUTES TO EXPAND YOUR KNOWLEDGE

NATIONAL INCLUSION WEEK

National Inclusion Week is an annual celebration that takes place in late September (26th September to 2nd October). Each year, National Inclusion Week has a different theme to represent and draw attention to inclusion. This year's theme is 'Time to Act: The Power of Now'.

As part of our weekly Microlearning, we will be taking part in this celebratory occasion by learning how we can adopt more inclusive behaviour in our daily activities. What is especially exciting about the National Inclusion Week is that there is a specific daily action – which we encourage everyone to take part in.

MONDAY- THE POWER OF IDENTITY: SHARE WHO YOU ARE



- [Why We Use Pronouns in Our Email Signature](#) (3-minute read)
- [Understanding the Importance of Name Pronunciation](#) (3-minute read)
- [St Mary's The Power of Identity](#) (2-minute video)

THURSDAY- THE POWER OF A DIVERSE NETWORK: EXPAND YOUR CIRCLE



- [The power of expanding your network](#) (2-minute read)
- [Building a Diverse Professional Network LinkedIn Learning Course](#) (19-minute video)

TUESDAY- THE POWER OF CONNECTION: REACH OUT



- [Global Inclusion](#) (1 minute read)
- [St Mary's Power of Connection](#) (2-minute video)

FRIDAY- THE POWER OF KNOWLEDGE: TAKE OWNERSHIP OF YOUR LEARNING



- [Creating Inclusive Learning Experiences- LinkedIn Learning Course](#) (47-minute video)

WEDNESDAY- THE POWER OF RECOGNITION: EMPOWER YOUR COLLEAGUES



- [Missing the obvious in employee recognition. Claire McCarty. TEDxUWRiverFalls](#) (18-minute video)

SATURDAY- THE POWER OF ALLYSHIP: BE AN ACTIVE ALLY



- [What is allyship?](#) (3-minute read)
- [What is allyship? \(Taking meaningful action\)](#). (4-minute video) *Top pick of the week*

Learn more about St Mary's inclusion efforts and become an active ally by joining one of our Equality Charters Teams ([Athena SWAN and Gender Equality](#), [Race Equality Charter](#), [Disability Confident and Disability Inclusion](#)). To share your interest in joining one of these teams or getting connected with one of our EDI Staff Networks, please email equalitycharters@stmarys.ac.uk.

Thank you joining us in this week's Microlearning!

SUNDAY- THE POWER OF COMMITMENT: PLEDGE YOUR ACTION



The final Daily Action for National Inclusion Week 2022 allows employees to reflect on what they have learnt during the week. Importantly it encourages them to make a pledge to themselves to continue to act for inclusion over the 12 months until National Inclusion Week 2023.