

5 Tips to Grow Belonging

Once you've created belonging for yourself and begun to share it with others, it's important to nurture and grow these connections into lasting, meaningful relationships.

1. Recognise and Nurture

To grow belonging, we must first recognise where it exists and actively nurture it. Ask yourself: Where do you belong? How does it make you feel to be part of this community? What actions can you take to deepen these connections and help others not just join, but truly flourish within the community?

2. Take Accountability and Cultivate Growth

What role do you play in your communities, and how can that role evolve? Think of both immediate and long-term steps you can take to help others feel not just included, but integral to the community. Hold yourself accountable to achieving these goals and regularly reflect on how you can cultivate deeper connections.

3. Focus on Strengths and Develop Potential

When people feel like they don't belong, they can lack purpose or may feel burdensome on others. When growing belonging, regularly highlight others' strengths and actively create opportunities for them to contribute and develop these strengths further. Think creatively about how their unique abilities can evolve within the community!

4. Celebrate and Explore Diversity

We are all different and that's great! As belonging grows, so should our appreciation and understanding of our differences. Foster ongoing curiosity about others' experiences and perspectives. Ask respectful questions, listen deeply, and be open to learning. These skills take time to build, so keep practicing. Remember that genuine growth often requires sitting with discomfort and pushing through it to forge deeper connections.

5. Be Kind to Yourself and Others Through the Journey

Growing belonging is a journey, not a destination. The path can be rocky, with setbacks along the way. If you make mistakes, be kind to yourself and view them as opportunities for growth. Extend this kindness and patience to others as well. Making mistakes and learning from them is an essential part of growing stronger, more resilient connections.

What happens when we Grow Belonging?

- **Enhances and expands** group identity, purpose, and validation.
- **Improves mental health and well-being**, reducing loneliness and fostering lasting connections.
- **Promotes ongoing personal growth** through self-reflection and stepping out of comfort zones.
- **Fosters and cultivates** inclusive, diverse communities with unique perspectives.
- **Enhances** creativity, innovation, and problem-solving through evolving interactions.
- **Improves** decision-making and conflict resolution as relationships deepen.
- **Builds and sustains** stronger, more resilient communities with diverse skills.
- **Inspires** lasting societal change through positive examples and ripple effects.