

## 5 Tips to Share Belonging

Once you've created belonging for yourself, it's important to consider how you can share this sense of connection with others.

### 1. **Recognise**

To share something, we must first recognise we have something that can be shared. Ask yourself: Where do you belong? How does it make you feel to be part of this community? Could you do more to help others feel this sense of connection?

### 2. **Take accountability**

What role do you have in your communities? Think of some small, or large, steps you can take to allow others to feel included. Hold yourself accountable to achieving them.

### 3. **Focus on strengths**

When people feel like they don't belong they can lack purpose or feel burdensome on others. When inviting someone in, talk about their strengths and ask if they would like to contribute in a way that feels true to them. Think creatively!

### 4. **Celebrate diversity**

We are all different and that's great! But it can be challenging. Try to foster a sense of appreciation for our uniqueness. Sometimes this might mean asking respectful questions to help you understand their experiences and perspectives. You may feel awkward, but these skills take time to build, keep practicing. At times, it might take active effort to acknowledge difference, and to sit with your discomfort.

### 5. **Be kind to yourself and others**

Belonging is a great feeling, but the road there can be rocky. If you make mistakes, be kind to yourself. Try to extend this kindness to others. Making mistakes is part of growing.