

## Embrace Diversity

The Parade of Nations, during the Olympics, promoted worldwide acceptance and inclusion among multicultural countries. You can feel the energy in the scene through your television. Every country had its own unique style and they took pride in the nations they represented.

People all around need to understand and learn to appreciate other cultures. We are all connected and part of one universe. Just as the human body has many parts, but the many parts make up one whole body; so it is with humanity. The arm could never say to the foot, “*I don’t need you*”.

Perception Vs Reality:

Judgments about others based on physical appearance or language accent present challenges. When employees use a second language in a group, it is often perceived as rude, because it excludes others from the conversation. This is a common workplace issue.

- An individual or group should never have to pay for what someone else has done. Each should pay according to what they have done. Treat people the way you want to be treated.
- Do not feel sorry for yourself – decline the pity-party invitation. Everyone has different gifts and talents. Do not envy what someone else has - you do not know what it took to get there. Any disadvantage you have, you can overcome with the right attitude.

We all make mistakes; no one is perfect. Admit your mistakes; learn from someone else’s. Even if you are from a different ethnic group or social structure, “*We are more alike than unlike*” - *Maya Angelou*. We still have the same fundamental set of needs.

An individual, acting alone, can accomplish a lot; but a group of diverse people acting together can accomplish great wonders.

EASE has counselors if you want to talk (800) 882-1341.



***“Strength is the courage...to reach out!”***