

LEARNING TOGETHER: REFLECTION, RESPECT, AND RECONCILIATION

Inclusion Begins with Learning

September reminds us that learning never ends: Not just in classrooms, but in workplaces, and communities too.

This month, we focus on education and reflection as tools for building a more inclusive, understanding environment.

By learning from one another, and from histories that shaped our country, we strengthen the respect and empathy that make our care work meaningful.

Listening to Understand

As we approach National Day for Truth and Reconciliation, we are encouraged to pause and reflect on the experiences of Indigenous peoples in Canada, and how those truths guide us towards compassion, equity, and change.

Ways to honor this month:

- Learn about the history and impact of residential schools
- Wear orange on September 30 to show support for survivors and families
- Attend or share local community events focused on reconciliation
- Reflect on how our daily actions contribute to inclusion and respect

Reconciliation is not a single day... It's a lifelong practice of listening, learning, and growing.

Quick Tip: Learning through Reflection

- Ask your team what they've learned about diversity this year
- Share resources on Indigenous history and culture
- Use team meetings to discuss what "respect" means in your workplace
- Remember that inclusion starts with awareness and awareness starts with listening

References

- National Centre for Truth and Reconciliation: Educational Resources
- Indigenous Peoples Atlas of Canada (Canadian Geographic): interactive learning tools
- CCDI: Allyship and Cultural Awareness
- Government of Canada: Reconciliation in the Workplace Guide