"The Art of Belonging"
Infographic
www.shelleybrownofficial.com/louisiana
Devil Face → Ew Amy

Shut Up! → Mean

Mean! → Mean
We’ve all felt *weird* at some point
The Meriam Webster Dictionary defines weird as of strange or extraordinary character, odd or fantastic.
We don’t want to be seen as our best selves, we want to be seen as ourselves.
When people lack a sense of belonging, it is a strong predictor of depression. In fact, it’s an even stronger predictor of loneliness or lack of social support. - University of Michigan

The more an individual identified with a particular group, the happier they were with their life. - The Journal of Happiness

51% of employees lack a sense of belonging at their job – McKinsey and Company

Depression, anxiety and suicide are common mental health conditions associated with lacking a sense of belonging. – Mayo Clinic
Exclusion can cause physical pain
Belonging is a felt experience
You can’t feel like you belong until you first feel like you belong to yourself
D. R. I. E. W.

DYNAMIC
RISK-TAKING
INTEGRATING
ENGAGING
WELCOMING
The W of W.E.I.R.D. is Welcoming
When the shit hits the fan, the trust you’ve created welcomes everyone to be human, to feel safe, and to know they matter.
Notice the BULLSHOULD!
The E of W.E.I.R.D.
Engaging
Each of must be open and willing to take a moment, even when we don’t feel like it, to step outside of our story and sit inside the story of someone else’s.
Take a Step!
The I of W.E.I.R.D. Integrating
Integrating looks like boundaries. Knowing what they are and being accountable to honor them.
Zoom Out!
The R of W.E.I.R.D.
Risk-taking
Risk-taking is starting with “thank you” - finding the smallest point of agreement when you’re feeling negative toward another person’s opinion.
Go First!
The D of W.E.I.R.D. Dynamic
We need you to be W.E.I.R.D.
WELCOMING
ENGAGING
INTEGRATING
RISK-TAKING
DYNAMIC
"The Art of BELONGING"
with Shelley Brown
THANK YOU
LOUISIANA TRAVEL SUMMIT
"The Art of Belonging" Infographic
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