





"The Art of Belonging" Infographic

www.shelleybrownofficial.com/louisiana







SHELLEY ZAZZ









#### We've all felt weird at some point





**The Meriam** Webster **Dictionary** defines weird as of strange or extraordinary character, odd or fantastic.









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

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

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







W. WELCOMING

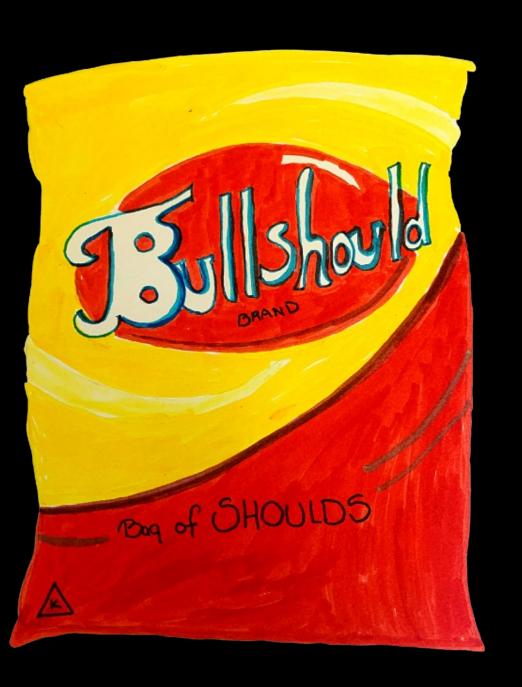
E. ENGAGING

INTEGRATING

R. RISK-TAKING

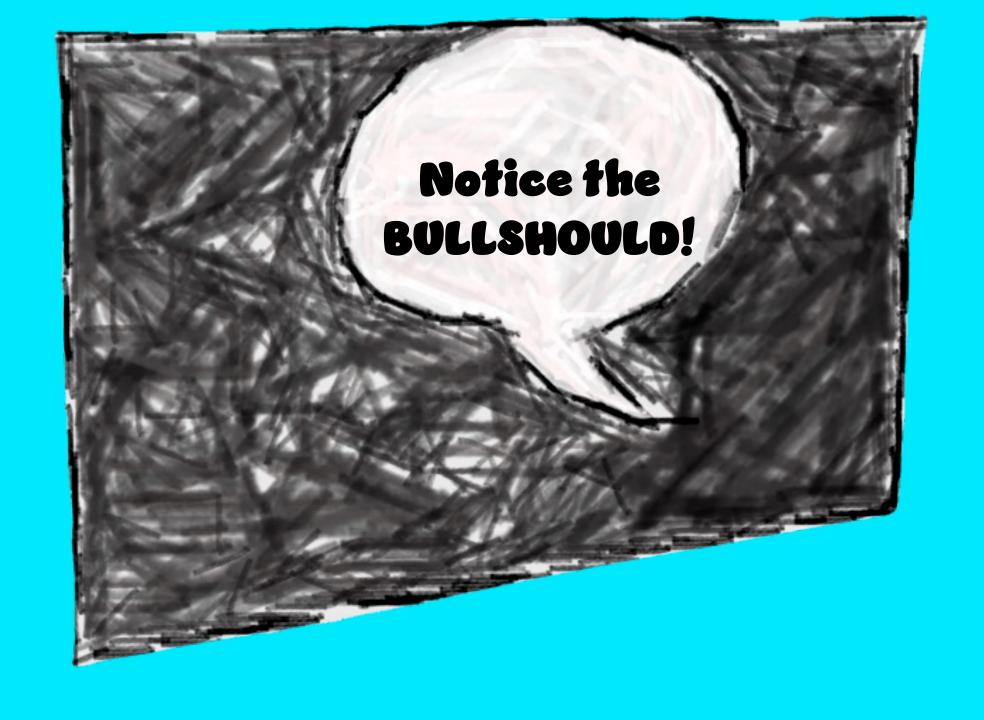
D. DYNAMIC





# 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.





## 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.



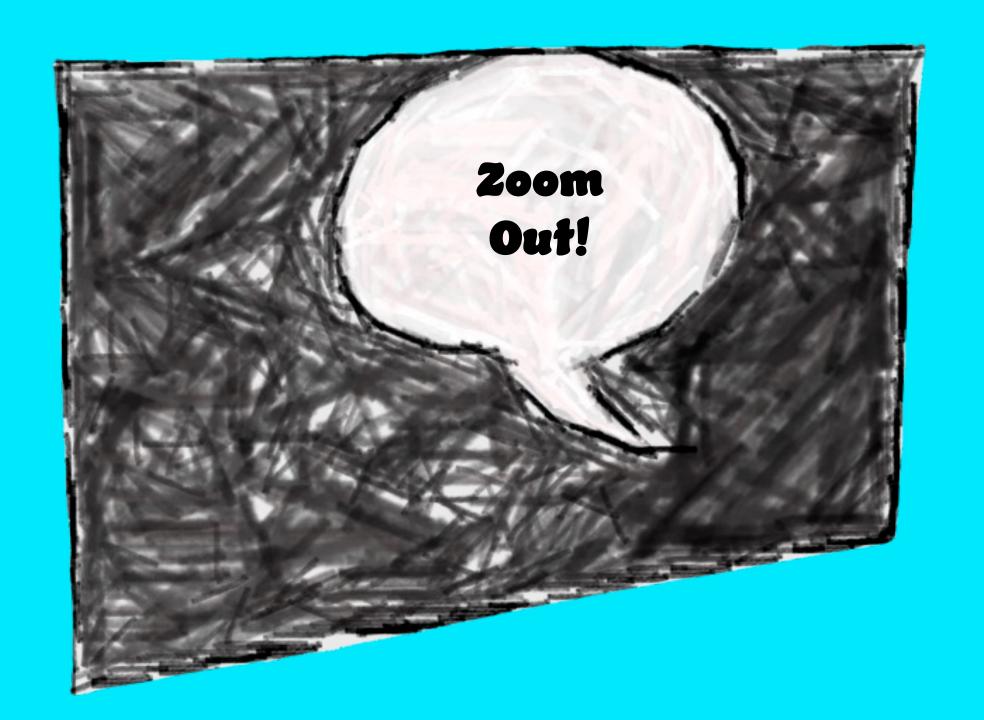




## The I of W.E.I.R.D. Integrating



## Integrating looks like boundaries. Knowing what they are and being accountable to honor them.



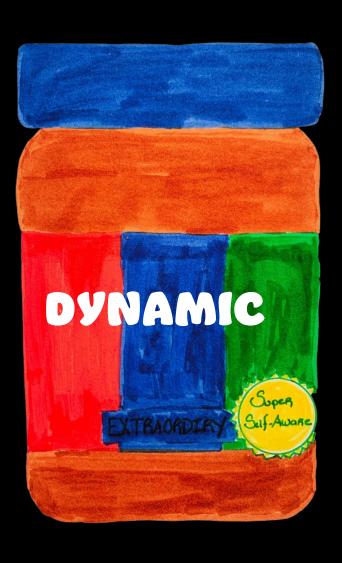


## The R of W.E.IR.D. Risk - taking



Risk-taking is starting with "thank you" - finding the smallest point of agreement when you're feeling negative toward another person's opinion.





## The D of W.E.I.R.D. Dynamic



#### WELCOMING

**ENGAGING** 

INTEGRATING

**RISK-TAKING** 

**DYNAMIC** 







#### THANK YOU LOUISIANA TRAVEL SUMMIT





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