

Building Belonging at Work

GoSkills online course syllabus

Skill level

Beginner

Lessons

11

Accredited by

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Pre-requisites

No prior experience needed

Video duration

12m

Estimated study time

12m 20s

Instructor

Ana Goehner

Introduction

- 1** **The desire to belong**
People want to feel a sense of belonging in the workplace.

What is Belonging

- 2** **What is belonging**
Belonging is a powerful sensation, depicted through shared experiences that transcend cultural and physical differences.
- 3** **Feeling comfortable**
Belonging means feeling comfortable and accepted.
- 4** **Creating connection**
Belonging grows from the seeds of connection, discovered through conversations that bridge differences.
- 5** **Inclusion and belonging**
Inclusion is the first step to helping someone feel a sense of belonging.
- 6** **Welcoming new hires**
Belonging begins the moment a new hire steps into the workplace, through actions that make them feel genuinely welcomed.
- 7** **Belonging and psychological safety**
A company can't foster a sense of belonging without psychological safety among all departments and teams.

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Fostering psychological safety

Belonging and psychological safety in the workplace start with giving everyone a voice, especially in settings where opinions and ideas are shared.

Workplace Environment

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Importance at work

Belonging goes beyond statements on a website or the company office walls.

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Belonging and yourself

Understanding your internal dialogue is key to feeling a sense of belonging at work.

Conclusion

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Ongoing sense of belonging

Now that you've finished this course, you should feel prepared to start cultivating a sense of belonging, inclusion, and psychological safety at work and encouraging others to do the same.

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