**Celebrating and understanding differences**

This month, celebrate the uniqueness in each of us. Explore featured articles, interactive worksheets and other tools to learn more about yourself, gain new perspectives and better appreciate the lived experiences of those around you.

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| **In this month’s engagement toolkit, you’ll find:**  A **featured article** on why it’s important to get to know yourself better and how.  An **article** **on**how to see the world from a different perspective.  **Self-discovery worksheet** ‘What makes you, you?’  A **fun, interactive,** brainstorming exercise to help you explore new things to try.  A **quick guide** for turning difficult conversations into thoughtful discussions.  **Quick insight** ‘Kindness: Congratulations, by the way’. from Uptime.  **Member training** **course** ‘Creating a respectful workplace’.  **Manager training resources**, including ‘Embracing differences: Building engaged teams’. |

[View toolkit](https://optumwellbeing.com/newthismonth/en-GB)

**What to expect each month:**

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|  | **Latest topics** – discover up-to-date content that focuses on a new topic every month. |
|  | **More resources** – get access to additional resources and self-help tools. |
|  | **Content Library** – ongoing access to your favourite content. |
|  | **Support for everyone** – share toolkits with those you think may find the information meaningful. |