

# EAP Newsletter JUNE 25

## Embracing diversity, building inclusion and reflecting this Matariki

**A truly inclusive workplace doesn't just welcome differences, it thrives on them!**

Diversity is about recognising the value that difference brings. When we learn about each other's cultures, perspectives, and experiences, we strengthen trust in each other, teamwork, and innovation.

Inclusion is built through small but impactful actions like listening with curiosity, challenging bias, using inclusive language, or speaking up when something doesn't feel right. Each small step helps to create a workplace where everyone feels respected and included.



### Here are a few ways to support diversity and inclusion:



#### **Be curious**

Ask questions and be open to learning about perspectives different from your own.



#### **Make space for others to speak**

Ensure everyone feels heard.



#### **Use inclusive language**

Words matter - choose language that respects and includes everyone.



#### **Keep learning**

Look for opportunities to grow your understanding of topics like unconscious bias, inclusive communication, or Te Ao Māori.



#### **Celebrate differences**

Take an interest in cultural events, personal stories, or practices your colleagues may want to share.



#### **Lead by example**

Leadership isn't just positional. Everyone can model inclusive behaviour in how they work and relate to others.

## Matariki: A Time to Reflect and Connect



Sharing kai with your team - bring food that reflects your culture or family tradition.



Using simple te reo Māori greetings like “Manawātia a Matariki”.



Reflecting on your goals for the year ahead - what do you want to learn, grow, or contribute to?

### Want to learn more?



Attend our upcoming webinar:

#### **Embrace Diversity and Inclusion: Celebrating diversity and inclusion this Matariki.**

- Wednesday 18 June 2025, 11am-12pm
- [Register here](#)

Everyone has a part to play in creating a workplace that feels safe, fair, and welcoming. Inclusion is a way of working and being with others. As we acknowledge Matariki and the new beginnings it represents, it's also a good time to think about how we can each contribute to a more inclusive and connected workplace.



## Mānawatia a Matariki

Wishing you a meaningful Matariki and a year ahead full of growth, connection, and inclusion!



### Further support

Our **WellbeingHub** provides more in-depth information and resources – sign up at [wellbeinghub.co.nz](https://wellbeinghub.co.nz)

The **habithealth+** app supports you with round-the-clock motivation and reminders.

Download **habithealth+**



### Our team are here to help

If you ever feel unsure, overwhelmed, or need support with identity, or belonging, we are here to help.

**Book an appointment online** at [eapservices.co.nz](https://eapservices.co.nz)  
by calling **0800 327 669** or by scanning the **QR code**



[eapservices.co.nz](https://eapservices.co.nz)