Volume 14 | February 2024

nuwsletter

nu-education:

Celebrating Diversity in the Workplace; a Tribute to Black History Month

As we celebrate Black History Month, it is a poignant reminder of the immense value that diversity brings to the workplace. Numerous studies, including a report by McKinsey & Company, consistently demonstrate that diverse teams lead to increased innovation, creativity, and overall business success. The unique perspectives, experiences, and talents that individuals from diverse backgrounds bring to the table foster a dynamic and inclusive work environment. Recognizing and appreciating diversity is not just a moral imperative but a strategic advantage for any organization. A diverse workforce reflects the richness of the broader society, enabling companies to better understand and serve a diverse customer base. This aligns with the findings of a Harvard Business Review study, emphasizing that diversity is not only about representation but also about improving decisionmaking and problem-solving. Black History Month serves as an opportune time to reflect on the contributions of Black professionals throughout history and the ongoing need for diversity and inclusion. By fostering an inclusive workplace that embraces diversity, we honor the achievements of Black individuals in all fields, contributing to a more equitable and harmonious society.

Sources:

- McKinsey & Company. "Diversity Wins: How Inclusion Matters." (2020)
- <u>Harvard Business Review. "Why Diversity Programs Fail."</u> (2016)



book of the month:

The Conversation: How Seeking and Speaking
the Truth About Racism Can Radically Transform
Individuals and Organizations by Robert Livingston

"Social change requires social exchange. Founded on principles of psychology, sociology, management, and behavioral economics, The Conversation is a road map for uprooting entrenched biases and sharing candid, fact-based perspectives on race that will lead to increased awareness, empathy, and action" - Robert Livingston

nu-spotlight:

Check out some of these local events happening this month and look out for more on our social media accounts! (On page 2)

quote of the month:

"Make a career of humanity.
Commit yourself to the noble struggle for equal rights. You will make a better person of yourself, a greater nation of your country, and a finer world to live in."

- Dr. Martin Luther King Jr.



Healthy Lifestyle: Supporting Mental Health in the Workplace

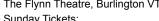
- ∘ 8:30 am to 9:15 am
- ∘ Virtual
- FREE



24-25

The Black Experience VT 2024

- ∘ Sat @ 6:00 pm to 8:00 pm FREE
- Sun @ 1:00 pm to 3:00 pm \$20 to 45
- ∘ The Flynn Theatre, Burlington VT
- Sunday Tickets: https://cart.flynnvt.org/18360/18628





HBCU Virtual Experience

- 12:00 pm to 3:00 pm
- ∘ Virtual
- FREE





Scoping an Ethics of Engagement and Impact

- · 8:00 am to 9:00 am
- ∘ Virtual
- FREE



tickets and event details



Online Black History Course for Adults

- ∘ 1:00 pm to 2:00 pm
- ∘ Virtual
- ∘ FREE





Inclusivity for Our Sustainable Future

- 8:00 am to 5:00 pm
- Virtual
- FREE





Eugenics: Breeding out the Blacks and White Supremacy

- 11:00 am to 12:30 pm
- Virtual
- FREE





Emotional Intelligence

- ∘7:45 pm
- Virtual
- FREE





Understanding Stress Responses: Effects on Your Body and Behavior

- 1:00 pm to 2:00 pm
- Virtual
- ∘ FREE





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Culture, Climate, and Conflict Resolution

- · 12:00 pm to 1:30 pm
- ∘ Virtual
- FREE





Queer & Trans Mindfulness

- 5:30 pm to 6:30 pm
- o The Prism Center Library UVM
- FREE



Understanding Cultural Differences: Conflict Styles

- 11:00 am to 1:00 pm
- ∘ Virtual
- ∘ FREE

social media:





HIV, AIDS, & Hepatitis Prevention For Peer **Assisted Recovery**

- 8:30 am to 4:30 pm
- Virtual

- FREE

tickets and event details

Making time for Black Mental Health -**Anxiety & Depression**

- 2:00 pm to 3:30 pm
- ∘ Virtual
- ∘ FREE





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Managing Mental Health

- 9:00 am to 10:00 am
- Virtual
- FREE





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Designing Content that Empowers, Includes, and Cares

- 9:00 am to 10:00 am
- Virtual
- FREE





Cultural Competency: Working with Ethnically Marginalized Communities

- · 8:00 am to 10:30 am
- ∘ Virtual
- o FREE

