

# TOLERANCE for SUSTENANCE



Group  
Thinking

## What is TOLERANCE?

- \* Hearing different perspectives
- \* Expecting things could change
- \* Coexist Peacefully
- \* Become an ally
- \* Empathize, listen
- \* Letting things go

## What PATTERNS are revealed in your experiences?

- Respect & Co-exist despite differences

HEARD? SEEN?  
RESPECTED?



- Maintain openness even if not understood or heard

## What PRACTICES Can we adopt to be more TOLERANT & INCLUSIVE?

### SEEN

- Know body language
- Attribute
- Look at People
- Inclusive Videos
- Acknowledge everyone
- Video on!

### HEARD

- Listen
- Clarify
- Equal Participation
- Don't interrupt
- Repeat instructions
- Meeting agreement
- Parking lot

### RESPECTED

- Set rules
- Set time, use a clock
- Respect different viewpoints
- Ask Permissions