The Space We Make:

For Connection.

A 3-Step Guide to Reducing Isolation in Our Workspaces

Connection is something we all strive for. However, many communities are disproportionately impacted, like BIPOC, LGBTQIA+, and YOUTH who often face exclusion or a lack of belonging. The below micro-behaviours help create spaces where more people feel seen, safe, and connected.

Name and Notice

Identify or model an inclusive element in the space and acknowledge a person's contribution. This small recognition builds visibility and safety.

"I want to recognize the inclusive language we used in our intros today, and thank Asha for raising a perspective that helped move us forward."

Create Micro-Spaces

Use opt-in, low-pressure prompts to make participation approachable. Gentle invitations reduce anxiety and help people ease into connection.

"Take a moment to connect with someone nearby and explore this together. Just ease in at your own pace."

Rotate Voice

Use timed turns or simple rounds to share airtime. Equitable voices helps disrupt patterns that silence some participants and supports trust.

"To make sure we hear from everyone, let's each share one sentence to start. We'll come back around at the end for one closing thought."

TIP

For virtual and hybrid teams, make use of breakout rooms and chat features to sustain connection.

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If You Are in Distress

You can call or text 9-8-8 at any time. If it is an emergency, call 9-1-1 or go to your local emergency department.