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Welcome everyone to the better understanding podcast. I'm Susan MacKenty Brady. And thank you for listening.

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The podcast has been created to take the mystery out of leading inclusively, which I think begins with understanding ourselves and understanding others. The podcast is an invitation, a gentle and open hearted extended hand to increase our ability to work and live effectively with all dimensions of difference.

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You know, at work we're expected to navigate with a multitude of dimensions of difference, and we're being asked to foster inclusion. Most workplaces haven't made it all that easy for many good people to learn about that, which they are not. If you're a man you're expected to be an ally to women, but what about the optics? If you're white, you likely don't know or understand how to be on the topic of race. If you are a heterosexual, you may not know the words associated with the dimensions of sexual or gender identity.

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Many of us want to be allies, but worry about what we might get wrong, including tripping over our own unintended biases. When this happens, it can be offensive to others. And frankly, embarrassing to us, leaving us, wanting to back away from learning and growing instead of stepping further in to understand.

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Each week in the Better Understanding podcast, we'll talk about leading inclusively in our homes, our communities in our workplaces and in our lives.

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We'll have conversations with and learn from thought leaders, diversity and inclusion experts and executive champions for change. We'll learn what better understanding and leading inclusively means, why this is so critical at work and how to practice living with more understanding.

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At the core leading inclusively starts with a desire to understand. We hope each episode of Better Understanding, sparks something for you that leaves you wanting to know more and gives you courage to take brave steps to lead inclusively. We hope you'll join us the week of March 15th for our first Better Understanding conversation with guest Darlene slaughter.