

Self-awareness is the key to lower stress and a more civil work environment.



## How to Understand The Origin of Beliefs

# How We Jump to Conclusions

## The Ladder of Inference

How we make decisions.



The Ladder of Inference explains why we jump to conclusions. It's important to review all sides of the data before making a decision.

Self awareness tools can cultivate empathy, understanding, and respect.

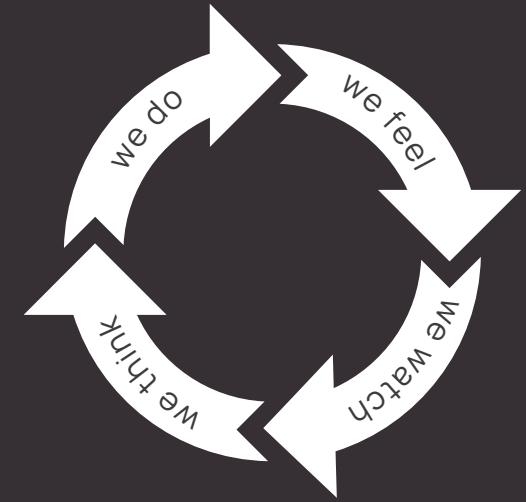
The Ladder of Inference and Kolb's Learning Theory Model are simple educational resources you can use to help when faced with political discourse or incivility in the workplace.

## Cultivating Respectful Teams

What's your experience?

## Kolb's Learning Theory Model

We come to our beliefs based on our experiences.



Kolb's Learning Theory Model helps you understand where someone else is coming from.