

# REFLECT AND IMPROVE

## *Why it matters?*

Diversity and inclusion are not one-time achievements; they are ongoing commitments. Embracing continuous reflection and improvement ensures that your actions remain aligned with the values of equity and fairness. By consistently assessing your approach and making necessary adjustments, you contribute to creating a more inclusive environment.

## *Things you can do:*

- **Self-reflect.** Regularly pause and examine your coaching/teaching methods, interactions, and beliefs. Ask yourself if your actions are promoting inclusivity or inadvertently perpetuating biases.
- **Set inclusion goals.** Define specific, achievable goals that target inclusivity in your coaching/teaching practice. These goals could relate to communication, team dynamics, or addressing particular challenges.
- **Continually learn.** Participate in diversity and inclusion workshops, seminars, and training. Keep yourself informed about evolving best practices and strategies.
- **Adapt and innovate.** Be willing to adapt your coaching techniques as you learn and grow. Incorporate new approaches that resonate with diversity and inclusion principles.
- **Share experiences.** Share your insights and learnings with your community. Discussing your experiences can inspire others to join the journey towards inclusivity.
- **Celebrate Milestones.** Recognise and celebrate achievements in your quest for a more inclusive coaching or teaching environment. Acknowledge both small and significant steps forward.



**LEVELLING  
THE  
DECK**

Everyone deserves to swim

## Step 6:

- **Stay humble.** Acknowledge that fostering inclusivity is an ongoing process. Embrace the opportunity to learn from missteps and refine your approach.
- **Lead by example.** Demonstrate your commitment to continuous improvement by modelling inclusive behaviour and encouraging others to do the same.

### *Continuously reflecting and improving your practices brings a multitude of benefits:*

- **Enhanced Learning.** Evolving your approach fosters an environment where all swimmers can learn from one another's diverse experiences.
- **Team Cohesion.** An inclusive environment builds strong bonds among swimmers, enhancing team cohesion and spirit.
- **Long-Term Impact.** Your dedication contributes to creating a sustainable culture of inclusivity in sports.
- **Personal Growth.** The journey towards continuous improvement promotes personal growth, expanding your understanding and skills.

Remember, your commitment to ongoing reflection and improvement makes a lasting impact. By consistently fine-tuning your practices, you contribute to a more inclusive and equitable future for all swimmers.

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