

# Building Belonging at Work

GoSkills online course syllabus

**Skill level**

Beginner

**Lessons**

11

**Pre-requisites**

No prior experience needed

**Video duration**

12m

**Estimated study time**

12m 20s

**Instructor**

Ana Goehner

## Introduction

---

- 1 The desire to belong**  
People want to feel a sense of belonging in the workplace.

## What is Belonging

---

- 2 What is belonging**  
Belonging is a powerful sensation, depicted through shared experiences that transcend cultural and physical differences.
- 3 Feeling comfortable**  
Belonging means feeling comfortable and accepted.
- 4 Creating connection**  
Belonging grows from the seeds of connection, discovered through conversations that bridge differences.
- 5 Inclusion and belonging**  
Inclusion is the first step to helping someone feel a sense of belonging.
- 6 Welcoming new hires**  
Belonging begins the moment a new hire steps into the workplace, through actions that make them feel genuinely welcomed.
- 7 Belonging and psychological safety**  
A company can't foster a sense of belonging without psychological safety among all departments and teams.

8

## Fostering psychological safety

Belonging and psychological safety in the workplace start with giving everyone a voice, especially in settings where opinions and ideas are shared.

# Workplace Environment

---

9

## Importance at work

Belonging goes beyond statements on a website or the company office walls.

10

## Belonging and yourself

Understanding your internal dialogue is key to feeling a sense of belonging at work.

# Conclusion

---

11

## Ongoing sense of belonging

Now that you've finished this course, you should feel prepared to start cultivating a sense of belonging, inclusion, and psychological safety at work and encouraging others to do the same.

[Go to GoSkills.com](https://www.goskills.com)