Inner Circle

We know that we are often drawn to people like us. It's natural. However, the pitfalls of this are that we can sometimes be more closed-off to people from different backgrounds, cultures, and communities and also be more likely to succumb to some stereotypes and biases.

This activity will help you understand how similar your existing inner circle is, in terms of background and characteristics, and helps you delve into what impact that may have on how you perceive the world around you.

How to complete

- Fill in the initials or name of your close friends and colleagues (not family).
- **2** Complete the rest of the table row with what you know of them.

Name / initials	Gender identity	Race / ethnicity	Age	Sexual orientation	Education (public / private / university)	Disability	Religion	Marital status	Caring responsibilities

On completion, reflect on how diverse your inner circle is.

Is it what you expected?

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- 2 Are there any areas which are particularly under-represented?
- Bow influenced do you feel you are by the thoughts and opinions of those in your circle?
- Do you feel as though you appreciate and understand the challenges and perspectives of any under-represented groups in your circle?
- **5** If no, what could you do to learn more and broaden your perspective?



