



Demo National Inclusion Week® 2026 Activity Pack: Strengthening resilience through trust, connection and action

Building trust strengthening resilience

This year's National Inclusion Week® theme, *Build Trust. Navigate Change*, recognises that workplaces are navigating significant change and uncertainty. During these periods, trust becomes the foundation for inclusion, helping people feel heard, valued and supported.

Why resilience matters

Change and uncertainty are part of every workplace, whether driven by new ways of working, shifting priorities or events beyond our control. During these times, trust, connection and support become even more important. When colleagues feel heard, valued and able to speak openly, they are better equipped to adapt, learn and navigate challenges together.

Strengthening resilience is about moving away from facing difficulties alone and focusing on creating the conditions that help individuals and teams grow through change. To explore these ideas further, watch the video from your toolkit: *Building resilience during challenging times*.

How to use this activity pack

Use these activities to spark meaningful conversations, strengthen connections and explore practical ways to navigate change together.

- Colleagues can complete activities independently and discuss reflections with peers.
- Teams can use activities during team meetings, learning sessions or staff network events.
- Each activity takes approximately 20 minutes.
- Complete all three activities together for a one-hour team discussion.

Activity 1: Pause, notice, share

Conversation starter

After watching the video accompanying this pack, ask colleagues to reflect on these questions:

- What helps you stay grounded during change?
- What signs tell you you are under pressure?
- When have you received support that made a difference?

Ask colleagues to share their insights with a peer.

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Unlock full access

Take your National Inclusion Week® programme further with our range of Supporter Toolkits.

Designed to bring this year's theme 'Build Trust. Navigate Change.' to life, each toolkit provides practical resources, activities and learning to help create meaningful engagement across your organisation.

Whether you're looking for essential campaign materials or a comprehensive programme of activities, there's a toolkit to suit your goals.

Enquire about our Toolkit options