

Inclusion 247 Podcast

Show notes

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Episode #8 Avoiding the Echo Chamber



In this episode we talk with **Brian Ballantyne, Senior Programme Manager at Amazon and author of *Confessions of a working father*.**

We explore ways in which we can avoid having exclusive inclusion discussions within echo chambers, but that we should ignite inclusion conversation enabling everyone to feel like they belong.

Brian highlights that this is one of the reasons why he wrote his book *Confessions of a working father* and wants topics around parenting and flexible working to be widened so that they include the views and needs of men too.

Brian reflects on the importance of self-care, highlighting that men can often feel less inclined to talk about their concerns which if left unsupported can lead to an increase in poor mental health.

We also discuss how Diversity and Inclusion should not be divisive and that it's only when we come together that we'll truly start to show progress.

Contacting Brian

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Podcast	https://anchor.fm/get-curious
Books	https://www.amazon.co.uk/Confessions-Working-Father-Brian-Ballantyne-ebook/dp/B07JMGJD84
	https://www.amazon.co.uk/Working-Together-Teams-Brian-Ballantyne/dp/1795627247

About the Show

The **Inclusion 247** podcast is for busy professionals who want to know 'how' to create an inclusive workplace culture. Throughout this series Teresa will speak to some of the most inspiring thought leaders of today, who will share their knowledge and insight into what it takes to build an inclusive workplace culture. She will guide listeners through her tribe5 Diversity & Inclusion® methodology - from taking stock, raising awareness, to inspiring all stakeholders, building for the future and embedding positive Diversity & Inclusion practices.

The format of the Podcast is 30 minutes of conversational-style discussion about ideas relating

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all aspects of equality, diversity, inclusion and belonging.

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About your host

Teresa Boughey is an Award-Winning Diversity and Inclusivity specialist with over 25 years' Senior Leadership experience working with large organizations and their executive boards.

Teresa is a TEDx speaker, a UK Female Entrepreneur Ambassador and a Non-Executive Director. She has been recognised as a Top 100 F:entrepreneur. She is business board member of two All-Party Parliamentary Groups, influencing Government on Policy.

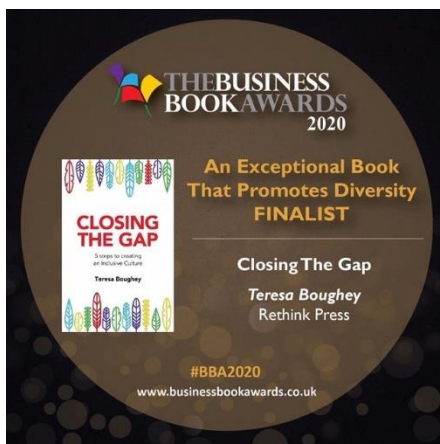
She has appeared on BBC One's Sunday Politics Show and local BBC Radio. Teresa has also been a judge at the UK Biz Awards and UK Employee Experience Awards.



Teresa has aligned her business with the United Nations Sustainable Global Goals, in particular:

- Goal 5 (Gender Equality) and
- Goal 2) (No Hunger)

Teresa is an active fundraiser for various charities including The Hunger Project – **Unleashed Women's Project.**



Teresa is the author of the #1 best-selling book *Closing the Gap – 5 Steps to Creating an Inclusive Culture.*

Closing the Gap has been shortlisted in the 2020 Business Book Awards in the 'Exceptional book that promotes Diversity' category

<https://www.inclusion247.com/closing-the-gap-1-best-selling-book>