

Inclusion Allies

Closing Graduation Session
16 December 2025



HELLO

&

Welcome

A few word from our exec sponsor

Tracey Cox

Director of People, Culture & Engagement

NHS Gloucestershire ICB

What words best describe how you felt about what you learned?

66 responses submitted

What words best describe how you felt about what you learned?



Wordcloud

All responses



1 of 1



Group Discussion

1. What surprised you most about what you learned?
2. What made you uncomfortable

Challenging

What is challenging about being an ally?

What makes it hard to intervene?



Tips

- Being an ally is constant work and can be hard – Remind yourself of your ‘why’ to keep you on track
- Discomfort is a good sign
- Think about individual and institutional impact
- Remember organisations and systems are made up of people. If you influence people, **you change the systems**

How to be a better ally

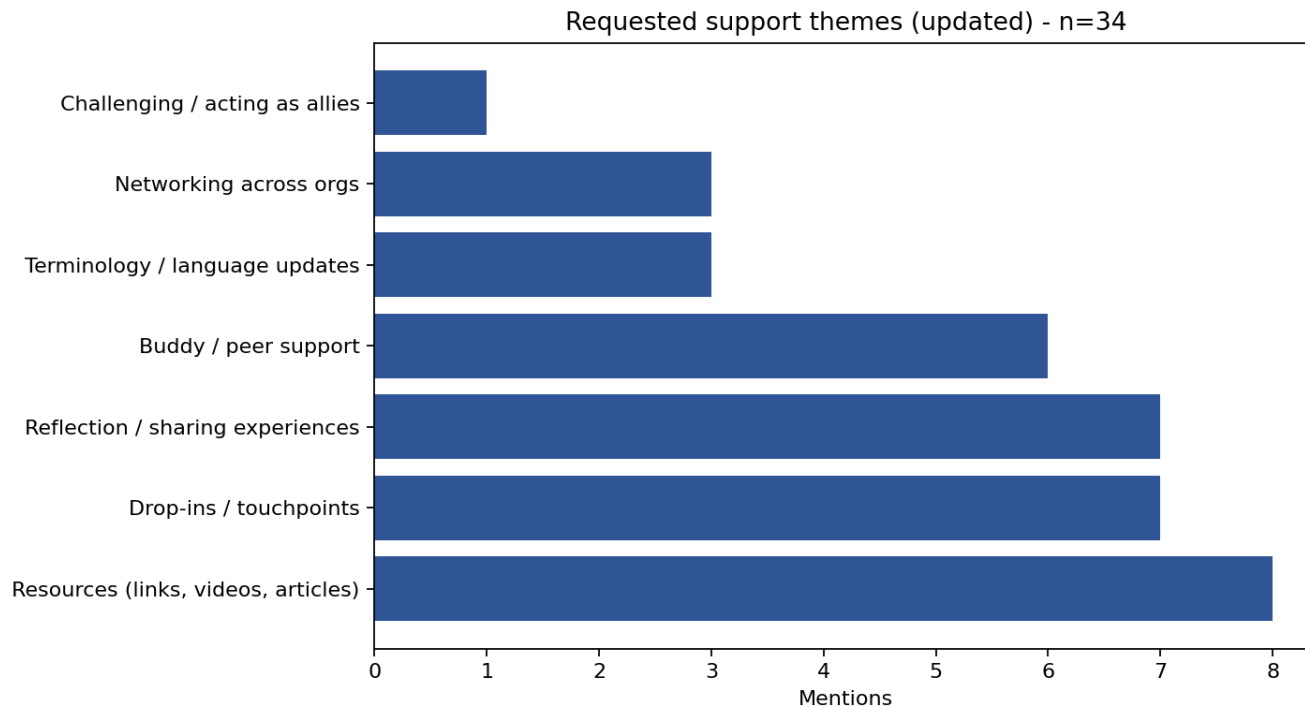
How to Be a Good Ally - Identity, Privilege, Resistance | Ahsante Bean | Ahsante the Artist

Continuing the journey

What support would be helpful to you in your allyship journey?



Continuing the journey



Thanks, feedback and certificate

Inclusion Allies - Post-programme
Questions



If you would like a
certificate, then complete
your details at the end of
the feedback form