

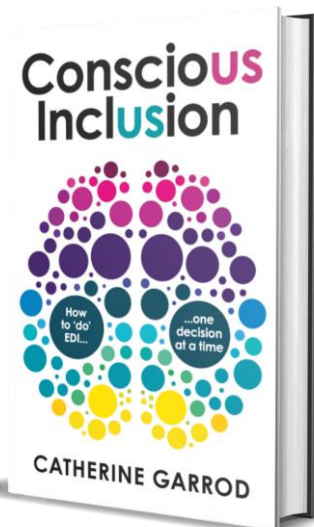


# Catherine Garrod

Guiding organisations to stay relevant with conscious inclusion

Catherine Garrod (she/her) makes inclusion feel doable with pragmatic advice and guidance in an ever-changing world. Rather than top-down change initiatives involving huge teams, Catherine advocates for nudging thinking in every team when they're making decisions that impact other people.

*“Unless you're consciously including people, you're almost certainly unconsciously excluding people”*



## Popular content

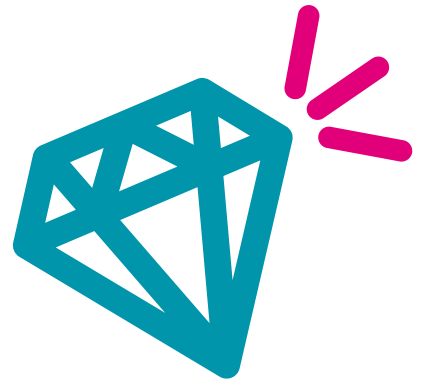
- The fear of getting it wrong
- Microaggressions and speaking up
- **How** to be an inclusive leader
- **How** to communicate inclusively
- **How** to address overrepresentation
- **How** to operate inclusively

Catherine is the author of Conscious Inclusion: How to 'do' EDI one decision at a time, and it makes a great gift to elevate your event.



## Empowering & practical

As well as providing the all-important *how*, Catherine brings inclusion to life, in a way that resonates with everyday work and decisions. Catherine creates a safe space to learn and ask questions and provides five simple habits for everyday inclusion.



“Truly **engaging**” Bupa

“Highly **recommended**” Virgin

“**Outstanding** speaker” Sky Sports

“**Safe** and open environment” esure

“**Awesome**” Principality Building Society



## Long bio

Catherine Garrod is the founder of Compelling Culture, author of *Conscious Inclusion: How to 'do' EDI one decision at a time*, and guest lecturer for Executive MBA programmes at Cambridge Judge Business School.

She works with organisations to help them stay relevant, by identifying any gaps in experience for people from underrepresented and overrepresented groups. Then guides them to take action to boost the experience for colleagues, customers and communities.

Previously, Catherine led Sky to become the Most Inclusive Employer in the UK, with 80% of teams increasing their diversity. Now as a consultant, her clients are achieving a 15% improvement within 18 months.

Catherine brings inclusion to life by connecting the all-important *how*, with everyday work and decisions.

## Short bio

Catherine Garrod is the founder of Compelling Culture and author of *Conscious Inclusion: How to 'do' EDI one decision at a time*. And she brings inclusion to life by connecting the all-important *how*, with everyday work and decisions.



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