

**PHASE FIVE:** AR Cycles 5.1 – 5.10

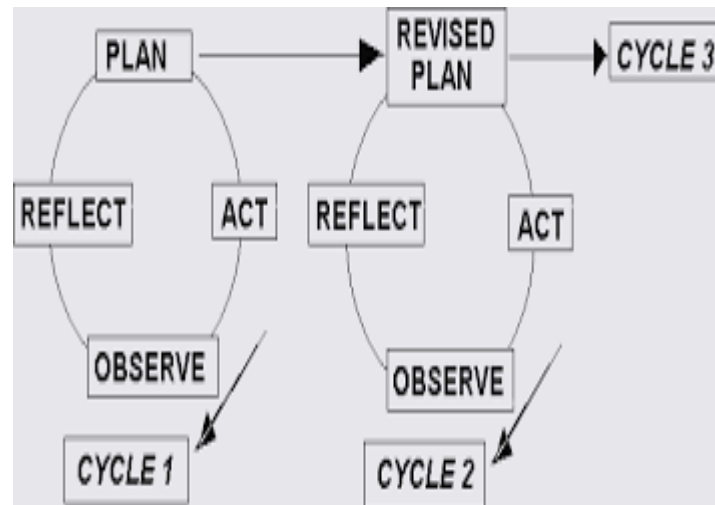
**Strategic inclusive goal:** To develop relationship abilities in the ski industry for everyone to be open the ski experience.

**AR Cycles**

Action research represents an **intensive approach, involving cycles of actions and reflections**, emphasizing understanding and learning. Action research **challenges the status quo** by leveraging participative interactions that involves **re-learning, re-thinking, and re-inventing probable solutions**.

The term “research” literally means search again (“re” (lat.) - “again”), indicating that research can be considered a process unfolding over time. We will be taking deliberate action **to search again, and again for solutions to solve the inclusion opportunity**.

The purpose of action research is to provide an **opportunity to create a collective focus, to gain buy-in through participation**, and to generate inclusion by creating authentic dialogue. This dialogue is then formulated into a **collective consciousness** that results as a **bonding agent for more strong and authentic relationships**.



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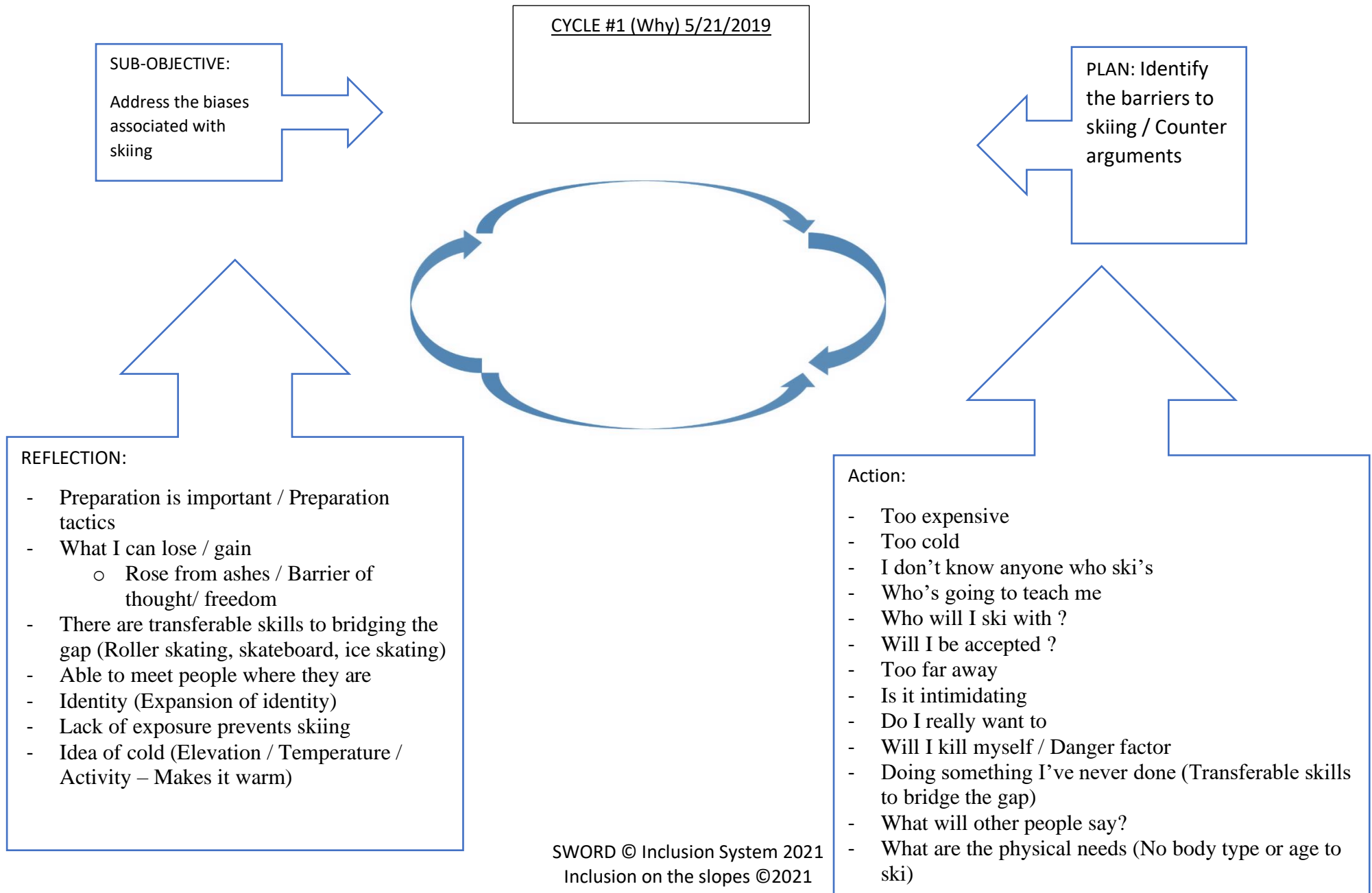
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**Steps to action research**

1. Start by asking yourself what is the very first step you believe you should take for the quarter? (Action research planning can be conducted with one person or up to 20 individuals)
  - a. Collectively discuss the first steps until a decision is made.
2. After deciding on the first step you will input this into your first sub-objective.
3. Then, shortly after you will craft what action you plan to take in this cycle (i.e., list first activities, list communication options, etc.)
  - a. Ex: When I decided to launch Inclusion on the slopes, the decision came after I went skiing for the first time on May 18, 2019. Below you will find an example of an action research cycle. My first step was to assess what was holding others back from the ski experience.
4. Next, you will take a moment and ask what did you observe as you were noting your action plans? Note your observations. Also, ask yourself what are you feeling? What did you feel as you listed your action efforts?
5. The focus is to alter patterns of thinking collectively through a group setting. Gather 5 – 10 people on a weekly basis it could easily be your DEI committee, your executive team, your employee resource group, or just your team in general. The group can be whatever individuals you choose. Each week you will determine a sub-objective to focus on during your meeting, you plan out what action you will take, take the action, then observe and reflect on this action.

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**PLAN:** List ideas or activities we would assist our organization in creating more inclusion.

**ACTION:**

- **Expose myself to more inclusive information to be able to have a shift a frame of thinking. (Individual)**
- **Schedule a meeting with my leader to address inclusion or the lack thereof within my organization.**
- **Seek out opportunities to engage in online networking event that are geared toward specific demographics.**
- **Set myself on a schedule to learn more about inclusion → Using the driving time for inclusion.**
- **Increase my inclusive social media presence (Sharing the content).**
- **Set weekly meetings with individuals who want to engage in more inclusive dialogue.**
- **Develop a resource library or file folder with inclusive content.**

**SUB-OBJECTIVE #1:** What activities do I need that will assist me or organization in creating inclusion?

**REFLECTION:**

- **I felt empowered to embark on inclusion.**
- **I also felt free (non-judgmental)**
- **I felt excited because I had some activities that pertained to inclusion.**
- **I felt like I was moving forward and making this a priority.**

**OBSERVE:**

- Most of my activities concentrated on the knowledge.
- I was concentrating on how to expand this knowledge.
- I wanted some levels of accountability.
- I wanted some structure to my inclusion activity.
- I wanted to put myself in uncomfortable situations purposeful.

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