

### **Closing thoughts from Dr Jo Mountfield transcript**

I hope you've found this eLearning package useful, and that you'll be able to put in to practice some of the learning that you've taken away. We'd also be really interested in your comments about it because we are really open to the feedback. In essence, making a change to your behaviour is the key to success.

What I would also encourage you to do is not to walk by. If you see some behaviours in the workplace that are inappropriate please have the confidence and courage to challenge. This will enable us all to make a difference.