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LGBTQ+ Pride Month is important to me because it allows a dedicated focus on better ways of improving dialogues and new ways of thinking towards the LGBTQ+ community within RNDC. It is about creating awareness and joining with our LGBTQ+ allies as we continue to build a more inclusive work environment. This is an opportunity to concentrate on educating those that may feel uncomfortable with this topic and ensure everyone has a mindset of togetherness and strength!



Personally, I was able to feel my authentic self and be true to who I was as a 20-year-old. It was when I “came out” to my twin sister by telling her I was gay. Her response shocked me because she looked at me and communicated back that she was too. How funny life can be when you keep secrets from loved ones because you fear what they might think, or how their feelings might change about you. Honestly, we create the most unimaginable bonds with those close to us when we reveal our truest selves. Through my experience of coming out to my family and friends, I’ve learned an invaluable life lesson. Authenticity starts by leading from your heart, and if you are your genuine self, you have no other competition.

The Rainbow Associate Resource Group is significant to me because I believe as human beings, we all should have the opportunity to become who we truly want to be in life, no matter what. It's important we all accept and respect each other, especially those who might be on the same path. A group like Rainbow ARG can help support associates along their journey and can



help others understand the importance of being an ally. I volunteered to be one of the group's National Co-Leaders so I can use my voice to help promote change, cultivate an environment of awareness, safety and love. I also want to be able to use this platform to let everyone know I'm loud and I'm proud. Most importantly, I'm ME and I'm thankful for my loving family that embraces all of me.