

Four photos. Same person



Professional Jax



Confident Jax



Everyday Jax



Unrecognised Jax

Which version of me would you take seriously?

Four photos. Same person. Which one tells the truth?



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Today, I find myself reflecting on how much a single image can shape perception, and how that can also influence an individual's mindset.

Across these four photos:

- Professional Jax - The version of me captured by a friend who is a student photographer, taken for a portfolio. I felt good that day and asked for a copy. In that moment, I felt like a professional version of myself.
- Confident Jax - The version of me after having my hair done, taking a selfie and feeling confident, put together, and genuinely good, I always feel after having my hair done.
- Everyday Jax - The version of me yesterday, tired after work, with a long to-do list still ahead, showing the reality of day-to-day life.
- Unrecognised Jax - The version of me in a professional photoshoot styled, heavily made up, in borrowed clothing and technically photoshopped smoothed and made photogenic to use for a website. Also feeling uncomfortable in a version of myself I do not recognise.

All of these are me.

They are me....just at different points in time, in different circumstances, but how often do we attach meaning to one version over another?

Not always intentionally, but it happens.

We see a single moment and allow it to shape the story, rather than looking beyond it.

When you are someone who naturally brings energy, visibility, and personality into a space, that can quickly become what defines how you are perceived.

It becomes what people notice first. And sometimes, what they do not look beyond.

Over time, that does not just shape how others see you. It starts to shape how you see yourself.

You begin to wonder:

- Which version of you will be taken seriously
- Which version feels most acceptable
- Which version you should show more, or less

And yet, none of these versions change what you are capable of.

Inclusion is not about selecting the most polished or presentable version of someone. It is not about choosing the image that feels easiest to share. It is about recognising that whether someone shows up energised, tired, styled, natural, highly visible, or more understated... **their ability, experience, and value remain the same.**

These photos are all real. Although none of them, on their own, tell the full story.

So perhaps the question is this: are we truly seeing people, or simply the moment that is easiest to understand?

#Inclusion #AuthenticityAtWork #DiversityAndInclusion
#WorkplaceCulture #BeYourself

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