

# INTERCULTURAL COMPETENCY SKILLS

- 1 INTRODUCE MYSELF WITH CULTURAL IDENTIFICATION**


Helps me tend to:

  - my biases and needs
  - the impacts of my words
- 2 ACKNOWLEDGE OTHER PEOPLE'S CULTURAL IDENTITIES**


Helps me be aware of:

  - others' needs, and my biases
  - creating a safe space for others to express themselves
- 3 SPEAK AND ACT FROM A SELF-FOCUSED STANCE**

Helps me respond to another person's words or actions by:

  - speaking from and for my own perspective
  - putting less focus on the other person
- 4 PUT NO BLAME OR SHAME ON MYSELF OR OTHERS**


Helps me to constructively:

  - express myself in a way that shares the personal impact on *me*
  - let go of a critical focus on others
- 5 USE METHODS FOR STAYING WITH CHALLENGING DIFFERENCES:**


Helps me navigate differences over cultural distinctiveness in a conversation by . . .

  - TRY IT ON**

- being willing and open to whatever comes next in the conversation


  - BOTH/AND**

- noticing when two different perspectives can coexist


  - AGREE TO DISAGREE**

- keeping the communication open so we can both keep learning

