

Culture exercise

Culture

EXERCISE: PART ONE

PART ONE: REFLECTION

- Why did you select this picture?
- What context is this image taken in?
- How does this image make you feel?
- Why do you think you feel this way?
- Who is this person?
- What is their name?
- What is their role in their family? Who are their friends?
- What is their background or profession?
- What are their values and beliefs?

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EXERCISE: PART TWO

PART TWO: COMMUNICATION

- What cultural assumptions do you hold that might influence your interactions with this person?
- How do your cultural experiences shape your worldview and behaviour?
- Can you identify any cultural biases you have? How do you address them?
- How do you react when you encounter cultural practices that differ from your own? / What steps do you take to educate yourself about cultures different from your own?
- How do you ensure effective communication with individuals from different cultural backgrounds?
- What strategies do you use to build trust with people from diverse cultures?
- Can you recall a time when you had to navigate a cultural misunderstanding? How did you handle it?
What did you learn?

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EXERCISE: PART THREE

PART THREE: WORKPLACE

- How do you engage with and learn from the cultural communities in your workplace?
- How do you support colleagues or friends who are experiencing cultural prejudice or discrimination?
- What policies or practices are in place to ensure cultural inclusivity in your workplace?
- How do you address cultural conflicts or issues within your organisation?
- What training or resources are available to help employees develop cultural competence?
- How do you measure the effectiveness of your organisation's cultural competence initiatives?
- What role do you play in promoting cultural awareness and inclusivity in your workplace?
- How can you contribute to creating a more culturally inclusive environment in your workplace?

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Reflecting on your culture

- What cultural values and beliefs have you grown up with?
- How do these cultural values influence your daily decisions and actions?
- Have you ever encountered a cultural practice that challenged your own beliefs? How did you respond?
- Can you recall a moment when you felt misunderstood or marginalised because of your cultural background? How did it impact you?
- What are some of the biases or stereotypes you might have about other cultures?
- How do you typically approach interactions with individuals from different cultural backgrounds?
- What steps can you take to become more culturally competent?
- How do you think your cultural background shapes your worldview and perceptions of yourself and others?
- What can you do to promote inclusivity and respect for cultural diversity in your personal and professional life?

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