

Iceberg exercise



Iceberg (Invisible)



Deeper, less visible aspects of culture that **significantly influence behaviour and perceptions**. Elements are implicit and require a deeper understanding to navigate effectively in different cultural contexts. They shape how individuals within a culture perceive and interact with the world.

- **Beliefs:** Fundamental ideas about the world and life.
- **Values:** Core principles and standards that guide behaviour.
- **Thought patterns:** Ways of thinking and reasoning.
- **Worldviews:** Perspectives on life and the universe.
- **Unspoken rules:** Social norms and expectations not explicitly stated but understood within the cultural group.
- **Non verbal communication:** Body language, gestures and facial expressions.
- **Concepts of personal space:** Cultural norms regarding physical proximity and boundaries.

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Iceberg (Visible)



SELF REFLECTION: ABOVE THE ICEBERG (VISIBLE CULTURE)

- **Language and Communication:** How do I adapt my communication style when interacting with people from different cultural backgrounds?
- **Dress and Appearance:** How do I perceive and react to different styles of dress? What assumptions might I make based on appearance?
- **Food and Dietary habits:** How do I accommodate and respect different dietary preferences and restrictions in social or professional settings?
- **Customs and Traditions:** How do I participate in or respect cultural rituals and celebrations that are different from my own?

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Iceberg (Invisible)



SELF REFLECTION: BELOW THE ICEBERG (INVISIBLE CULTURE)

- **Beliefs and values:** What are my core beliefs and values?
How do they influence my interactions with others?
- **Thought patterns:** How do I approach problem solving and decision making?
- **Worldviews:** How do cultural background and experiences shape my perspective?
- **Unspoken rules:** What social norms and expectations do I take for granted? How might these differ in other cultures?
- **Non verbal communication:** How do I interpret body language and gestures?
- How might these interpretations vary across cultures?
- **Personal space:** What are my comfort levels regarding physical proximity? How do I respect others' boundaries?

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Iceberg (Assessments)



UNDERSTANDING THE FAMILY'S CULTURE

Understanding both visible and invisible aspects of culture is crucial for developing cultural competence. **Superficial observations are insufficient for a complete cultural understanding.**

ASSESSMENT QUESTIONS

- **Cultural background:** Can you tell me about your cultural background and any traditions that are important to your family?
- **Beliefs and values:** What are some of the core beliefs and values that guide your daily life?
- **Communication:** How do you prefer to communicate with professionals?

Are there any cultural considerations we should be aware of?

- **Support systems:** Who are the key people in your community or family that you rely on for support?

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