# I, YOU, WE... INTERCULTURALLY - AGENDA

Timing: 9am - 5pm

Two 10 minute breaks and a 45 min lunch break will be incorporated to each day and planned to respect the learning process.

#### DAY 1

#### "What's my/our cultural frame of reference?"\*

- ✓ Grasp the complex nature of culture
- ✓ Understand that culture is socially and psychologically constructed
- ✓ Begin to develop insight into key concepts which enrich perspectives of cross-cultural relationships

#### Day 1 Schedule

- Contracting & purpose of training
- Frame of reference
- What is culture?
- Observing various cultural values
- Closing & Action Plan

## DAY 2

### "What cultures inform me/us?"

- ✓ Awareness of self and the narratives that construct us
- ✓ Become conscious of one's own cultural identity and that of others

# DAY 3

### "What are my/our options?"

✓ Explore and reflect on "So what can be done?"in relation to self-understanding

### DAY 4

#### "What am I /we really going to do?"

- ✓ Experiment actions and strategies to reinforce cultural humility
- ✓ Improve intercultural/interpersonal relational skills fostering efficiency, fluidity and performance
- ✓ Recognize areas of improvement.

<sup>\*</sup>The content of the day is like a menu, we will have a taste of everything, not necessarily in the order announced and in varying quantity



