

Cultural Humility: Beginning Reflection

How do I want to grow and develop towards cultural humility?

When was the last time I couldn't understand another person's experience or actions?

When was the last time you were challenged by another person's way of being?



Go-To Questions to Ask Others

What are some questions you can use when getting to know someone?



Cultural Humility: Ending Reflection

What are my ways of cultural humility?

How can I practice these ways of cultural humility?



Tips on Cultural Humility

- Cultural humility is an ongoing process and a commitment to self-reflection and evaluation; how do we want to grow and develop?
- Be open to other aspects of people's experiences and identities and what is most important to them even if it is something that doesn't resonate with you in order to hear and listen better
- Understand the role that power, privilege, and prejudice plays in people's lives and can impact relationships
- It is okay to not know
 - We don't know all the ways people have been surviving and coping in the world, and how they view things
 - We cannot be masters of different cultures, beliefs, and behaviors
- Everyone is the expert of their own lives and we are given the gift of being able to learn from their experiences when they trust us with their story
- Be mindful of our body language and nonverbal responses
- Utilize a genuine and non-judgmental curiosity approach in holding space

