

Enhancing your Cross Cultural Resiliency: How to interact with people from other cultures.

Content

The necessity for training in cross cultural awareness as it relates to human interaction and communication is without a question a high priority across nations. Cross cultural awareness is especially important for people who have not been yet much exposed to an international and/or global environment.

Research and experience in the cross cultural field show that the main problems, which cause often a failure in interpersonal communication are related to the so-called "Soft-Factors". Those are cultural events like traditions, customs, rituals, ceremonies, etc., which are influenced by cultural values, beliefs, and assumptions.

In this workshop, you will identify circumstances and situations that have potential for cross cultural misunderstandings. You will generate and gain techniques, tips and competencies to create win-win transactions. In a relaxed atmosphere, you will explore situations from the different global regions that might represent challenges to you and convert them in assets to your interaction with others creating abilities to successfully gain cross cultural understanding.

Goals

How efficiently do you react to unexpected cross cultural challenges and conflicts? Can you sustain your calmness, a clear mind, when confronted with attitudes, values and beliefs emanating from a foreign culture or are you a person who suffers and hesitates under such conditions?

Research shows that people who prepare themselves as hosts in gaining awareness and understanding of other people's cultures, show much lower levels of culture shock and stress and their symptoms. They are more open to interact with foreigners, enjoy the visitors and learn more about themselves, making them more adjusted citizens to their own cultures. They show cross cultural resilience.

Resilience helps cope and overcome adverse cross cultural situations. You will gain the following competencies:

- Learn the ABC of culture (nature and function)
- Identify the various elements of culture
- Relate cross cultural models to immediate situations
- Apply techniques, tactics and strategies to cross cultural transactions such as
 - Modification of your dysfunctional beliefs and values
 - Adapt your cultural perspective to the transaction: consideration and modification of assumptions

Method

Lectures, case studies, group discussions, experiential learning, dialogues.

Application

In every day life: work, friends, family, etc.

Location

TRAVIS AG, Hardstrasse 301, 8005 Zürich

Dates

March to early June: every end of the week: Thursday to Saturday

Cost

24 lectures; Sfr.1,200

Registration: Contact

Borboa & Partners, Oberdorfstrasse 29, 8953 Dietikon
Tel. 044 - 740 96 02

Roman Borboa, Ph.D.; NCC, APA

Counseling and Environmental Psychologist

Béatrice Borboa, M.Ed.

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