

Breaking Cultural Barriers: Cultivating Cross-Cultural Intelligence

Key Takeaways

1

Understanding Culture & Bias

Cultural Bias

The tendency to interpret and judge phenomena in terms of the distinctive values, beliefs, and other characteristics of the society or community to which one belongs.

Impact

This sometimes leads people to form opinions and make decisions about others in advance of any actual experience with them.



2

Cultural Intelligence (CQ) and Its Importance

Cultural Intelligence is the **ability to relate to others and interact effectively across cultures**. It requires placing the interests, feelings and cultures of other people into context.



Breaking Cultural Barriers: Cultivating Cross-Cultural Intelligence

Key Takeaways

3

The Four Components of Cultural Intelligence (CQ)



Need a bit more help?

Speak with your coach to explore ways to create a more inclusive and supportive workplace across diverse perspectives.



Take charge of your mental health today!

Go on Intellect Web (<https://app.intellect.co>) or download the Intellect app now and embark on a journey of personal wellbeing.

