

Understanding Cultural Competency & Cultural Humility | Leader's Guide

Activity Guide

- Print out handouts (Double-sided) and hand out to each participant
- Have participants answer question on page 1 and allow 3 minutes (Do not flip over page yet)
- Play the video (5:27)
- Participants will flip the page and partner/group up to answer remaining questions
- Allow groups to share their answers with others

Page 1 Questions:

- What is your definition of cultural competence and cultural humility?

Page 2 Questions:

- Write out your immediate thoughts or feelings and allow yourself to respond unfiltered.
- Has your definition of cultural humility changed? If so, why or why not?
- How does this video reflect your health center's current state? What can you do better?