

## Understanding Cultural Competence & Cultural Humility | Handout

What is your definition of cultural competence and cultural humility?

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## Understanding Cultural Competence & Cultural Humility Self Reflection

Write out your immediate thoughts or feelings.

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Has your definition of cultural humility changed after viewing this video? If so, why or why not?

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How does this video reflect your health center's current state? What can you do better?

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