

# Starting Cross-cultural Competence with Identity Awareness

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## Didactical Aim:

Achieving intercultural sensitivity through self-awareness (emotions, values, group memberships, personality, changes)

## Approach:

*Step 1:* Identity / mindfulness

*Step 2:* Intercultural learning

*Step 3:* Experience

## Outcome:

Cross-cultural competence

### *1. Identity Exploration*

Exploration of own identity

Dynamics of identity negotiation

The dynamics of in-group and out-group building

Exploration of personality

Mindfulness

### *Outcomes:*

- empathy
- self-awareness
- mindful interaction
- self-assuredness about own identity
- awareness of how personality affects interactions

## *2. Intercultural Competence Training:*

Increase of intercultural knowledge

Creative approaches to identity negotiation (trying to reconcile acceptance and difference without stereotyping)

### *Expected outcomes:*

- To apply a self-aware, mindful and empathic approach to cross-cultural interactions
- Critical view combined with the willingness to learn more and to develop adaptation strategies („creative“ approach)

## *3. Experience:*

Maintain self-awareness

Maintain mindfulness during interactions

Keep learning

Adopt adaptation strategies

### *Expected outcomes:*

- „Adaptation“ stage with the self-assuredness about one's own identity
- Unconscious / embodied intercultural competence