



# WHAT YOU NEED TO START GROWING YOUR CQ:

## INTEREST:

Cultural curiosity and deep interest in others.

## INTENTIONALITY:

Willingness to be vulnerable and make a fool of yourself.

## INTEGRITY:

Courage to stand up to cultural intolerance and embrace new ways.





## 2 STAGES 2 CQ

### UNCOVER CULTURAL DNA

1. Examine your own reality
2. Challenge your own beliefs
3. Be objective & see various perspectives
4. Maintain your own integrity

### BUILD YOUR CQ

1. Grant others importance
2. Open communication
3. Observe local rituals
4. Seek out the uncomfortable

