

EXERCISE 6

Self-awareness is the first step to gaining multicultural competence.

It is the awareness of one's own cultural conditioning and patterns of reaction to people who are different. Self-awareness means reflecting on one's own motivations, needs and goals.

It also means noticing one's own stereotypes and prejudices and analysing them (yes, really, no one is free from stereotypes and prejudices - more on this topic in the educational materials *Minority-majority relations and Mechanisms of change*).

List your needs related to the multicultural environment at work and what actions you take to secure them.

MY NEEDS	MY ACTIONS