



Communication for the Modern World

RD Mentorship
Program



Mentorship Program

Learning Objectives



1

Identify

The importance of understanding cultural differences

2

Identify


What skills are important when communicating with individuals

3

Apply

Communication skills during cross cultural engagements



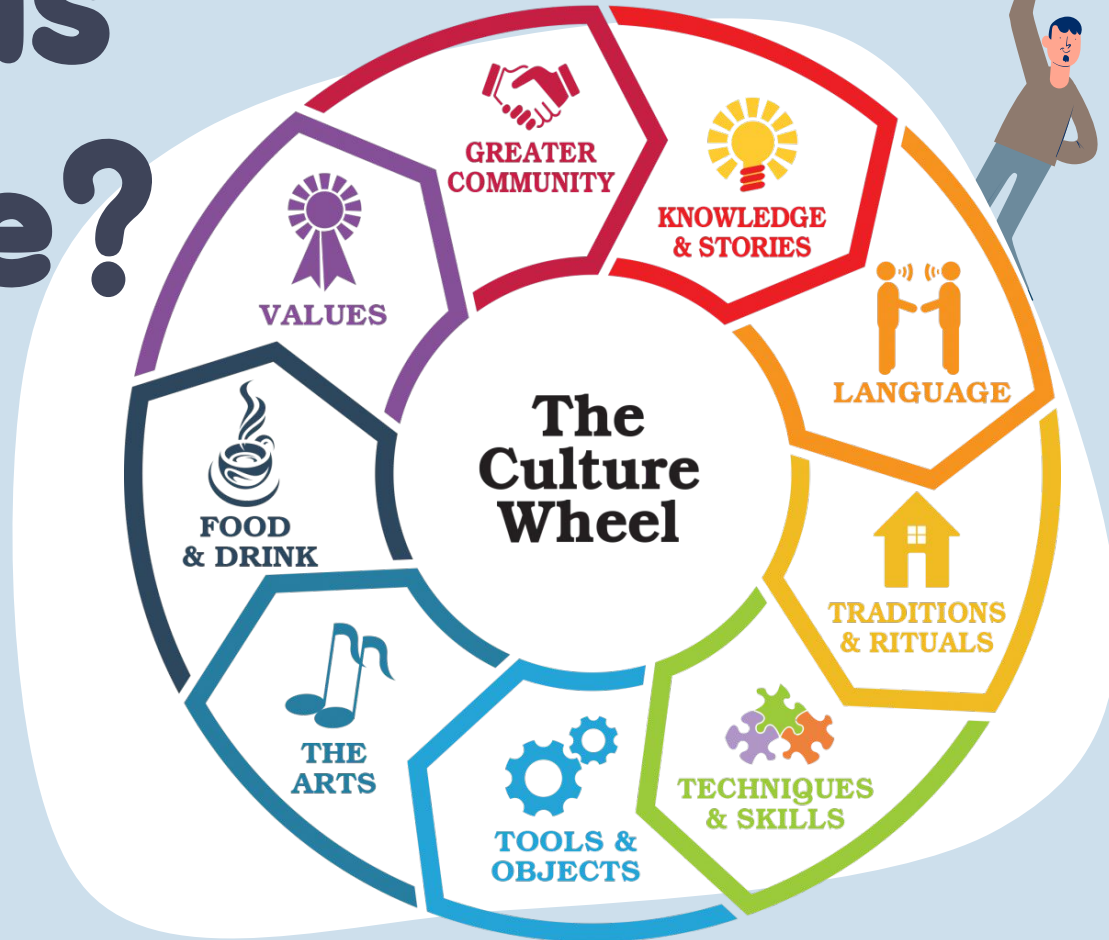


**Cultural differences should not
separate us from each other, but
rather cultural diversity brings a
collective strength that can benefit
all of humanity**

— Robert Alan



What is culture?



About Culture, cultural competency?

- Culture can be a barrier
- Addresses diversity and inequality
- Culture influences the experience and the encounter between two individuals
- One of many approaches, safety, humility
- Therefore approach with respect

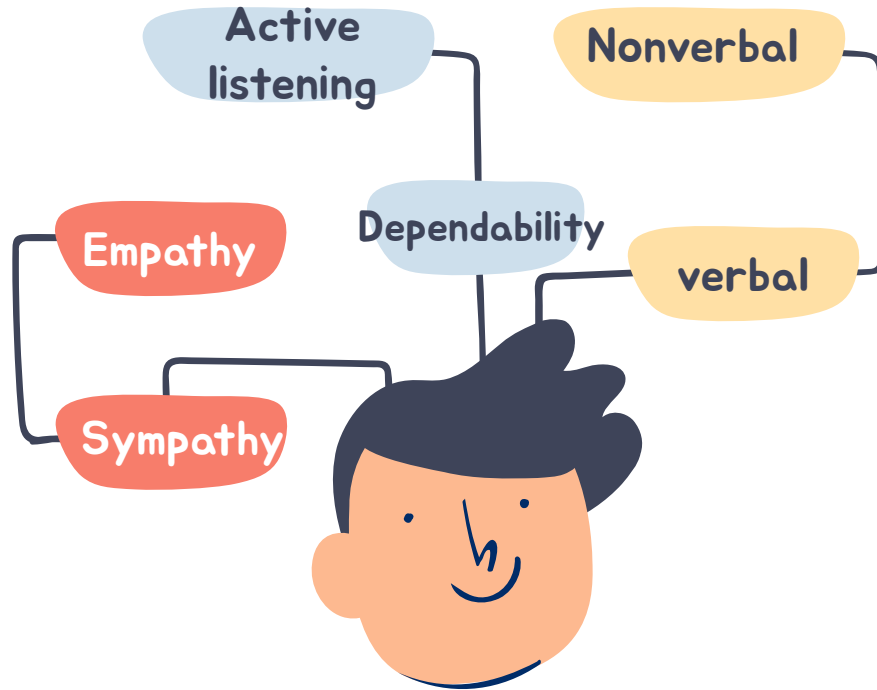




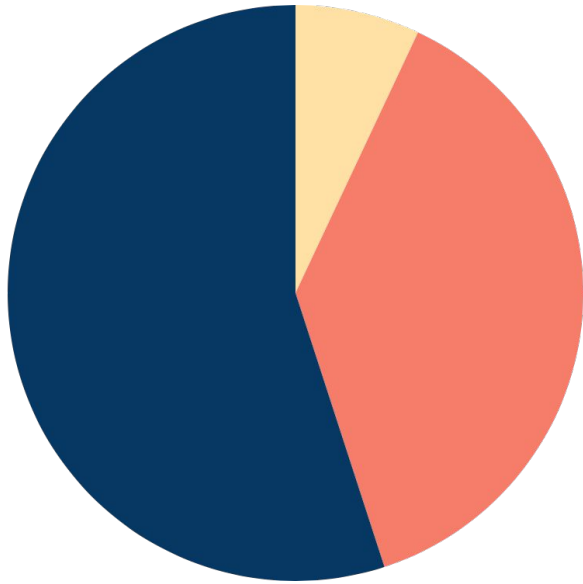
Break Out Room

- Describe when you encountered different views or cultures.
- What challenges did this present and how did you overcome them?

Interpersonal Skills



Types of Communication



● Verbal

● Tonality of Voice

● Body Language

Effective Communication!



Listen



**Show
Respect**



Be Concise



**Utilize the
correct
medium**



**Ask
Questions**



**Follow up if
necessary**

Benefits of Effective Communication



**Building
Trust**



**Problem
Solving**



**Improved
Productivity**



**Conflict
Resolution**

Effective Communication enhances the experience of everyone involved!

How and When to Use Virtual Communication

A

Email is best for short, professional messages

C

Texting should only be utilized between friends and not for professional/business



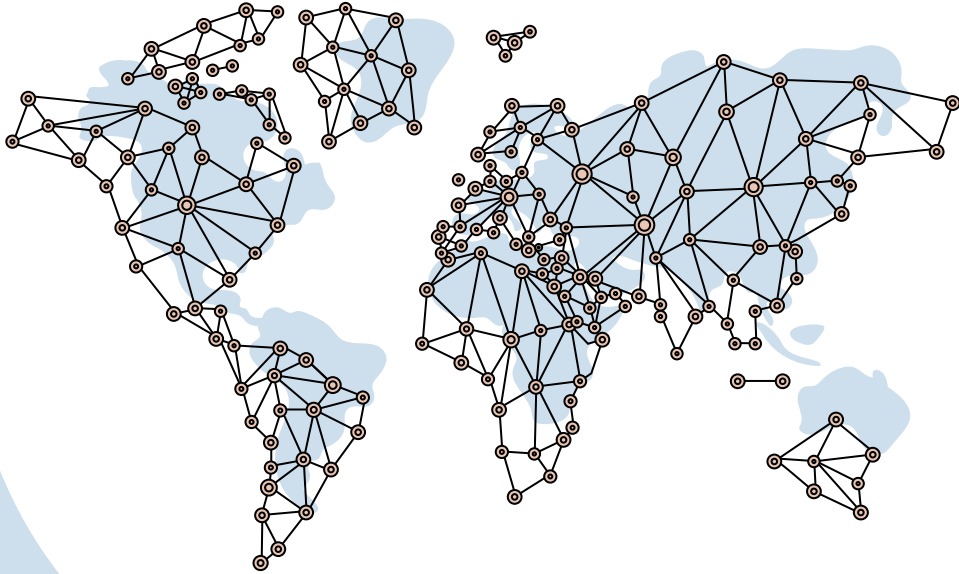
B

Zoom works best with group communication

D

Phone calls can be used for messages longer than emails

Communicating Across Cultures



1. Effective communication
 - a. Mindful
 2. Willingness to learn and listen
 3. Interpersonal skills
 4. Respect
- Self reflection



Break Out Room

What types of communication skills
can you utilize when you are
working with someone who has
different views of a nutrition topic?

The background features a light blue gradient with numerous stylized, colorful illustrations of diverse people in various poses and outfits, including a woman in a red top and dark pants, a man in a yellow sweater and brown pants, a woman in a red polka-dot top and blue skirt, a man in a brown shirt and blue pants, a woman in a blue top and dark pants, a man in a blue sweater and dark pants, a woman in a tan top and blue shorts, a man in a red shirt and blue pants, a woman in a yellow dress, a man in a blue jacket and dark pants, a woman in a red dress, a man in a yellow sweater and brown pants, a woman in a tan top and blue shorts, a man in a red shirt and blue pants, a woman in a yellow dress, and a man in a blue jacket and dark pants.

Call to Action

- Consider how you could apply this to your own personal situation
- Comment in chat: How can you apply what you've learned?

Johari Window

1

Open

2

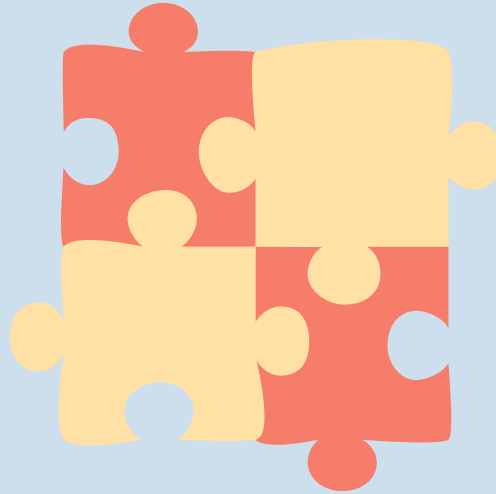
Blind

3

Hidden

4

Unknown



Performance Indicators

Identifies

Barriers to effective communication

2.1.2



2.1.7

Delivers

Information and opinions in a respectful and professional manner

Tailors

Message to meet the needs of the target audience

2.1.3



Thanks!

Do you have any questions?

rdmentorshipprogram@gmail.com

www.rdmentor.com



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