

### Exercise and Strengthen Your Cultural Competence to Improve Collaborative Performance and Reduce Risk

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**GOLD MEDAL:** We can improve our effectiveness when interacting with people with different cultural backgrounds by strengthening our cultural competence. Cultural competence involves the ability to be mindfully aware of one's own cultural background and how it impacts our thoughts and behaviors, and the ability to adapt to other cultural environments and situations.

**SILVER MEDAL:** Strengthening your intercultural skills improves your ability to communicate effectively, increases the chance of a successful business relationship, and reduces the risk of conflicts due to misunderstandings, regulatory issues, or litigation.

**BRONZE MEDAL:** Techniques that can be used to strengthen your ability to perform in cross cultural situations include practicing openness, accept ambiguity, appreciate cultural differences, be curious, use humor appropriately, and practice positive change.

**HONORABLE MENTION:** The primary goal of becoming more culturally competent is to progress from a self-centered perspective of oneself in society to a perspective that accounts for your place in the community or world at large.

**HONORABLE MENTION:** How we say things matters, and effective intercultural communication requires that we understand and account for cultural differences to engender a feeling of being heard by the other side.