

Cultural Mindfulness: Foundations of Equity, Diversity, and Inclusion (EDI)



Have you faced uncomfortable situations rooted in cultural misunderstanding whether it was with a colleague or a patient? Were you unsure of how the misunderstanding even happened? This interactive Cultural Mindfulness session introduces the concept of cultural reflection and the sphere of influence to ultimately reduce cultural misunderstandings in your interactions.

OBJECTIVES

At the end of this session, participants will be able to:

- Understand the meanings of culture and cultural mindfulness as a foundational component in Equity, Diversity and Inclusion (EDI)
- Understand the concept of Health Equity and the barriers to access healthcare services
- Recognize how personal biases, and the sphere of influence can impact patient centered care
- Recognize the Social Determinants of Health and its relation to intersectionality and Health Disparities
- Learn and apply collaborative conversation techniques in healthcare settings

FORMAT

A 1 to 3 hour in-person or virtual interactive workshop, incorporating scenario based problem solving to enhance participant learning

AUDIENCE

Physicians, Registered Nurses, Registered Practical Nurses, Allied Health, Healthcare Providers, and Administrators who support patient care are invited to attend,

**To register for this workshop, Please contact
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