



# *the center for cultural humility*

Training format  
+ learning  
objectives



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@BERKELEYCHUM



## how we get down

### **Immersive + Customizable Artistic Content**

We offer trainings for Cultural Humility, Anti-Racism, Trauma-Informed Care, Restorative Justice, Community-Based Participatory Research Design, and Citizen Science. Additionally, we provide a "Train the Trainer." Our trainings are propelled by tailored artistic and sensory content aimed at not just your mind, but your eyes, ears, tastes, and smell; at each step we're trying to tap into your sense of connection. Via this approach, participants will delve into an array of thematic foundations and modern applications: We'll discuss "hardcoded" biases, social norms, cancel culture, and performativity, while highlighting our capacity for empathy and behavioral adjustment. In consultation with you, we can further customize the training's content to your nuances and needs.

### **Certification + Continuing Education Credits**

Upon completion of the training, participants will receive a physical, mailed completion certificate recognizing their engagement in the training and their potential commitment to fostering best practices and collaboration in the Diversity, Equity, Inclusion, and Belonging space. Also, participants can request and receive Continuing Education credits related to their professional field, adding further value to their experience with us.

### **Flexible Training Length + Setting**

The Center for Cultural Humility (CHUM) offers a variety of training lengths -- 4, 6, 8, 10, 12, 14, and 16 hourlong versions are available! The trainings are usually split in half across two days, to allow participants to choose a format that best suits their availability and readiness, while also creating space for them to truly absorb and process the first day's robust content. All of our training durations provide *the exact same rigorous, evidence-based content*, but longer versions have more expansive and deeper content. All trainings also have periodic breaks to allow for content digestion and "breathers." To create additional flexibility, the training is available in-person, virtually, or via a "hybrid" approach.

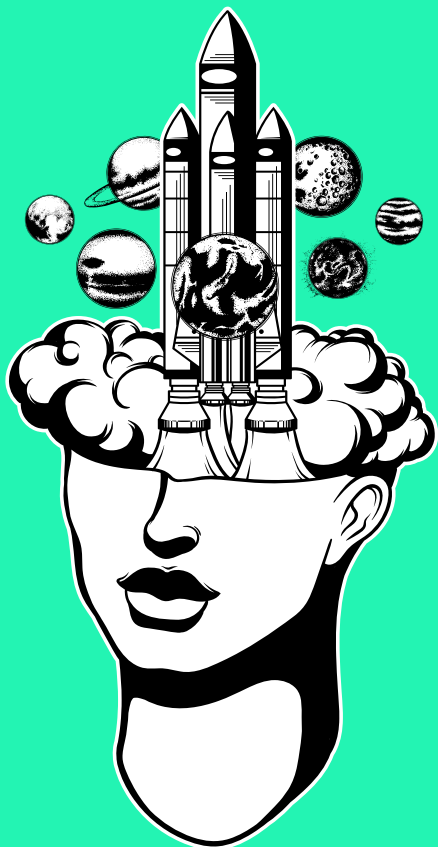
### **Continuity + Ongoing Support**

Following the training, all participants will have access to our biweekly virtual strategy and support group, CHUMMIES, which takes place on Zoom. CHUMMIES is an innovative ongoing, synchronous resource that helps our participants stay engaged with the best practices and new challenges alike, while troubleshooting their problems with field experts and also accessing real-time socio-emotional support and mindfulness exercises.



# CHUM TRAINING LEARNING OBJECTIVES

On this page, we highlight the key core learning objectives across *all* of CHUM's trainings.



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**#1**

Understand and have a meaningful handle on core cultural responsiveness paradigms, including active listening and being self-aware, trauma-informed, and strengths-based

**#2**

Thoughtfully identify and explore one's positionality, biases, and personality traits in a safe and non-judgmental environment

**#3**

Forge the socio-emotional intelligence needed for meaningful and focused needs assessment with individuals from diverse backgrounds

**#4**

Understand the "gazing" skills needed to navigate engagements with individuals who have had very complex, disenfranchising experiences

**#5**

Establish the language and discourse needed to avoid cultural insensitivity and better discuss and frame the experiences and outcomes of minoritized populations

**#6**

Cultivate an understanding of how to rigorously and efficiently evaluate your practices and how to engage in Continuous Quality Improvement

oh, and please  
kindly destroy  
this after reading.

~yours,  
chum

