



NatAlli Module

Culture and Context



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Co-funded by
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01

Welcome!



Welcome to the Culture and Context Module!

Why this matters?





By focusing on **psychological well-being and work-life balance**, the module helps participants develop resilience and emotional regulation skills, which are vital for **adapting to new cultural contexts** and **managing the stress of relocation**.

The **peer connect** aspect of the module is particularly relevant as it facilitates the **creation of supportive communities and professional networks**, enabling knowledge exchange and emotional support.

Support with **integration** and **country-specific information** is crucial to empower mentees to access essential services and resources, thus accelerating their integration process in their host countries.

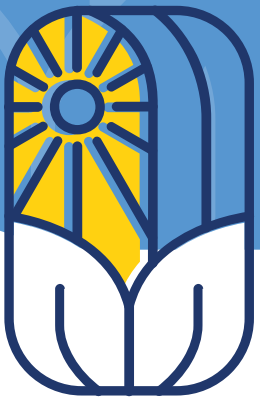
Welcome to the Culture and Context Module!

By the end of this module you will:

-  Acquire tools for supporting emotional resilience and work-life balance.
-  Learn techniques to effectively guide mentees in building professional and peer support networks.
-  Provide mentees with practical, context-specific advice for integration.
-  Mentor with comprehensive, sensitive and effective support.

02

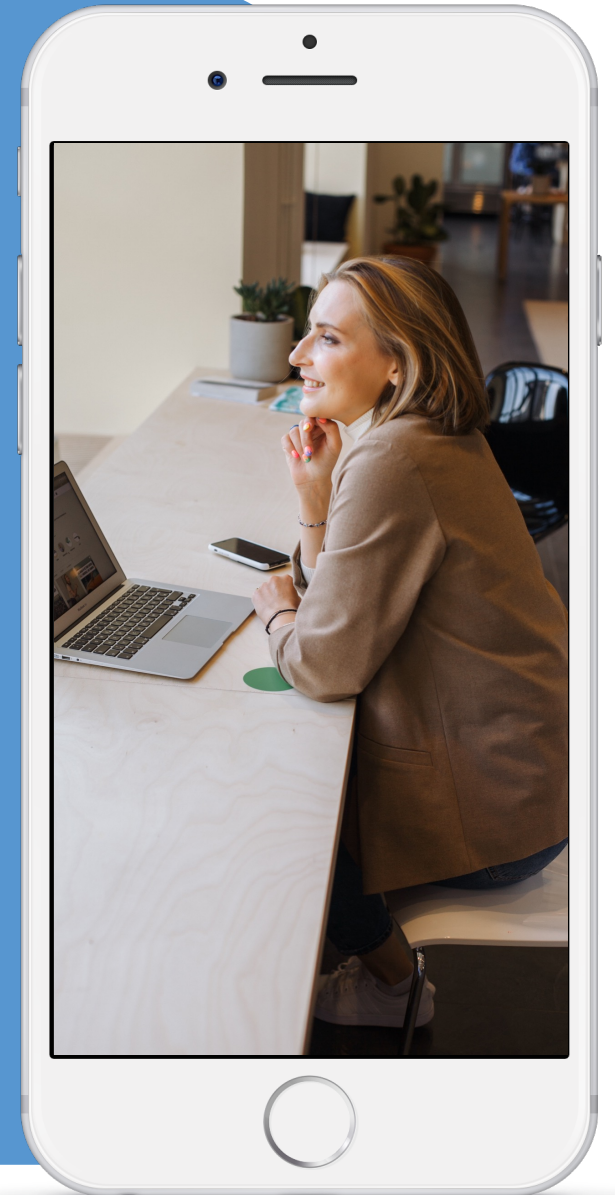
Theory



Understanding Culture and Context

Definitions

- **Culture:** The shared patterns of behaviours, beliefs, and values that characterise a group of people. It includes language, customs, social norms, and worldviews.
- **Context:** The circumstances, background, or setting that give meaning to events, ideas, or experiences.



Importance of Culture and Context in Mentorship

- Recognising cultural differences can prevent misunderstandings and enhance communication.
- Understanding context helps mentors provide relevant and appropriate support to mentees.
- Identifying unique challenges and needs of mentees is crucial to help them adjust to new environments.

Intercultural Competence in Mentorship

Definition: The ability to communicate effectively and appropriately with people from different cultural backgrounds. Key components are:

- 1. Cultural Knowledge:** Understanding of different cultural norms, values, and practices.
- 2. Cultural Awareness:** Recognition of one's own cultural biases and how they influence perceptions.
- 3. Cultural Sensitivity:** Respect for and appreciation of cultural differences.
- 4. Cultural Skills:** Ability to adapt behaviour and communication style in cross-cultural interactions.

Why These 3 Aspects Are Important for Your Mentees

- 1. Psychological Well-being:** Supports resilience in the face of relocation challenges, enhances ability to cope with stress and uncertainty, improves decision-making and problem-solving and encourages a positive outlook.
- 2. Peer Connection:** Builds supportive networks in new environments, facilitates knowledge exchange and professional growth, provides emotional support and reduces isolation, opens doors to business opportunities and collaborations.
- 3. Integration:** Enables better navigation of host country systems and norms, enhances cultural adaptation and reduces culture shock, improves access to resources and opportunities and supports long-term personal and professional success.

A combined focus on these areas creates a holistic support system, addresses interconnected challenges and promotes overall well-being and success in new cultural contexts!

03

Food for Thought
Reflection Exercise



Food for Thought

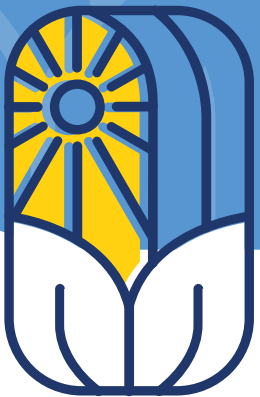
Reflect on and write down:

- What aspects of my own cultural background might influence my mentoring approach, and how can I ensure I remain open to different perspectives?
- What challenges might my mentee face in integrating into the host country's (business) culture, and how can I best prepare to guide them through these challenges?



04

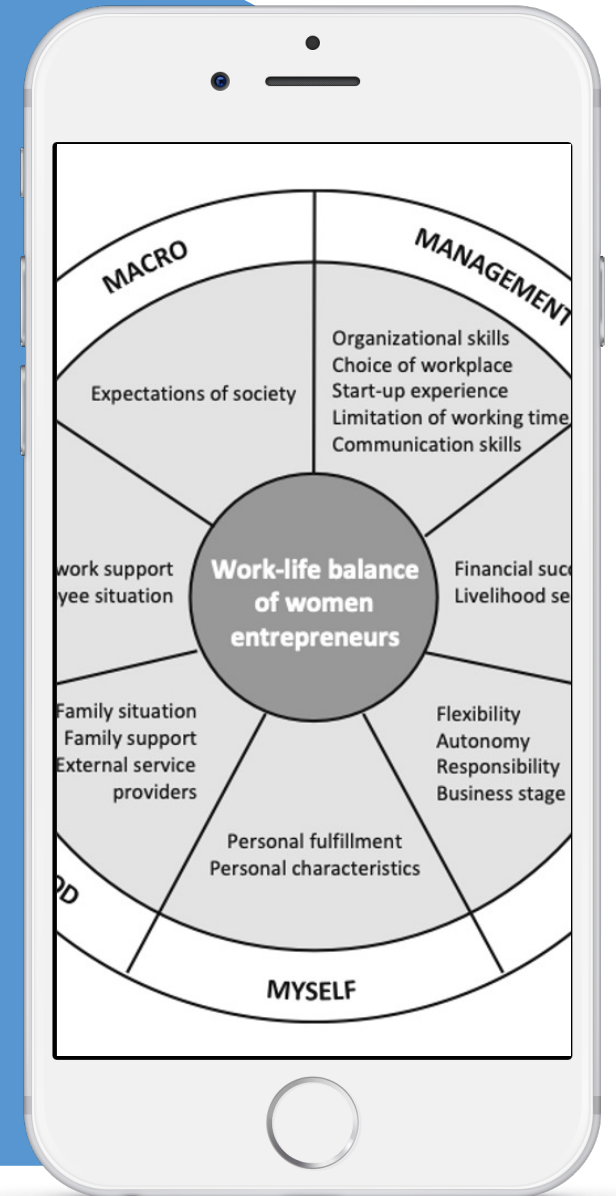
Tools



Psychological Well-being

Psychological well-being and work-life balance are closely linked. This tool aims to achieve a balance between these roles, reduce stress and prevent conflicts. It supports:

- **Emotional regulation** – The ability to manage stress, emotions, and reactions to daily pressures.
- **Time management** – Skills to balance personal and professional responsibilities effectively.
- **Resilience** – Building mental strength to handle challenges in both work and family life.
- **Mindfulness** – Developing presence and focus in the moment, whether at work or with family.



How to use the Psychological Well-being Tool

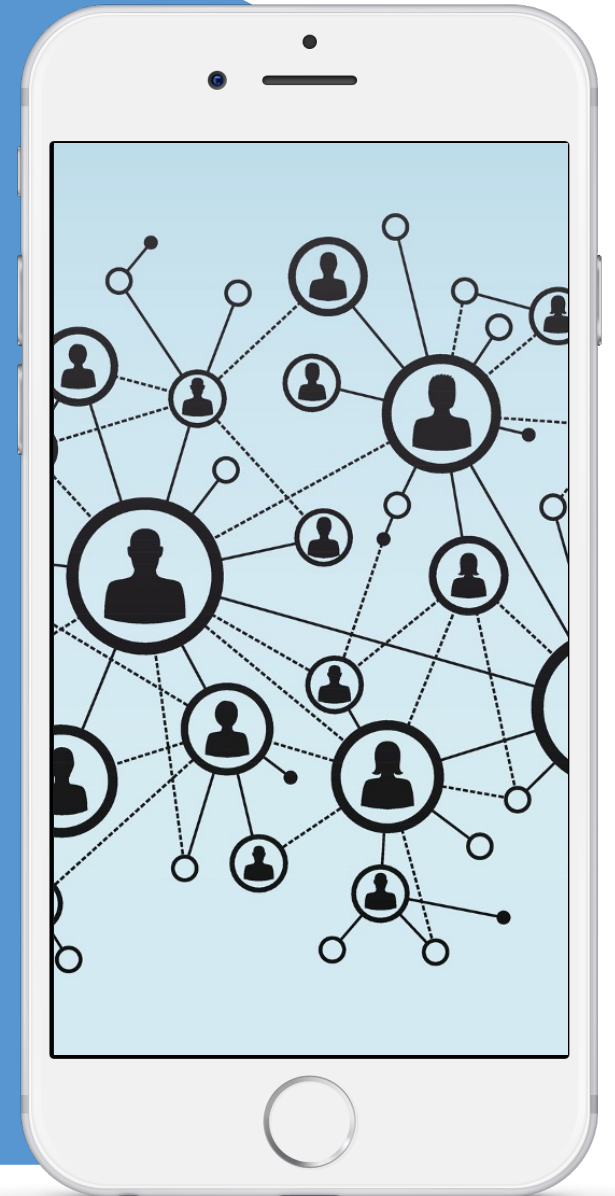
- **Understand psychological well-being and work-life balance**
 - Key definitions and components for women entrepreneurs.
- **Better BALANCE Guide**
 - DIY templates and activities designed to help women and workplace leaders create a healthier balance between professional and personal responsibilities.
- **Practical strategies for managing work, family and parenthood**
 - Including tips tailored to mothers in professional roles.
- **Insights from mother entrepreneurs**
 - To add a personal dimension, sharing valuable experiences and advice on balancing entrepreneurship and family life.

Peer Connect

With this tool, mentors learn how to educate mentees on getting and providing peer support and building a useful (business) network.

Mentees learn how to facilitate peer-to-peer connections among other entrepreneurs. This tool enables them to share experiences, exchange tips, and expand professional networks through tasks, guidelines, virtual meet-ups, discussion forums, and resource sharing.

Purpose: To create a supportive community for Ukrainian women entrepreneurs, nurturing knowledge exchange, emotional support, and professional growth in their new environments.



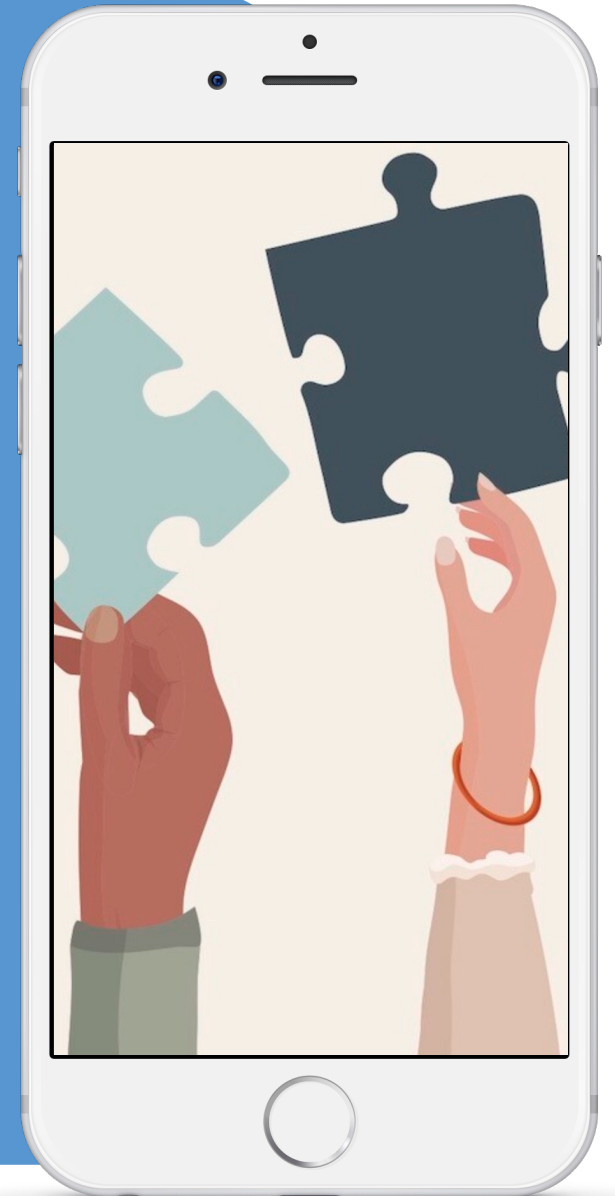
How to use the Peer Connect Tool

- **Building a Supportive Community:** Sharing links to peer connecting websites and resources to create a supportive community for Ukrainian women entrepreneurs.
- **Expanding Professional Networks:** Resource sharing and LinkedIn connections facilitate the expansion of professional networks.
- **Skills Development:** Videos, role-playing exercises, and guidelines on effective networking to enhance the understanding of networking concepts, improve practical networking skills and boost confidence in professional interactions.
- **Self-Reflection and Growth:** Reflection exercises and stakeholder EGO-Network analysis encourage self-assessment and continuous improvement.
- **Fostering Collaboration and Knowledge Exchange:** Discussion forums and virtual meetups create opportunities for knowledge sharing among peers, collaborative problem-solving and emotional support and motivation.

Integration

This Integration tool offers a comprehensive, country specific information list, that mentors can share with mentees.

- The objective is to provide Ukrainian women with useful, valuable and hand-picked links to guide them in their living situation in the host country.
- These links could be seen as a measure to tackle the various challenges they face. They are a starting point to help them in their integration journey, enabling them to access information quickly and motivating them to seek further support.



How to use the Integration tool

- **Signposting to services – on a global and local level:** official information portals, integration help websites, employment and training websites, health and psychological support websites, education and childcare websites, language courses.
- The information is available in **different languages and country-specific**, depending on where the mentee is staying, e.g. Germany, Ireland, Netherlands, Czech Republic



1

Psychological Well-being

Project Balance

2

Peer Connect

Peer Mentoring Works

3

Integration

Slide deck with country-specific information



NatAlli

Regenerative Alliances

Thank you

Please contact Nelli Scharapow for more information:

<https://natalliproject.eu/contact/>



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