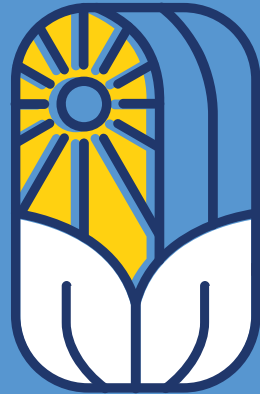




**NatAlli**  
Regenerative Alliances



# NatAlli Module

*Culture and Context*

[www.NatAlli.eu](http://www.NatAlli.eu)



Co-funded by  
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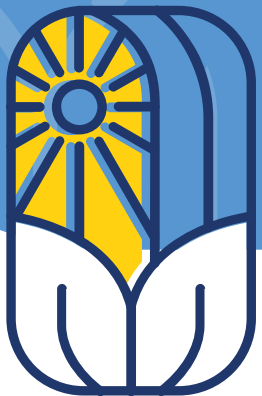
05 Contact Information

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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.

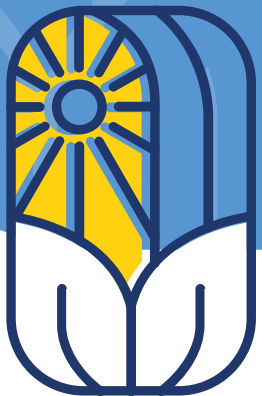
# Welcome to the Culture and Context Module!

## 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

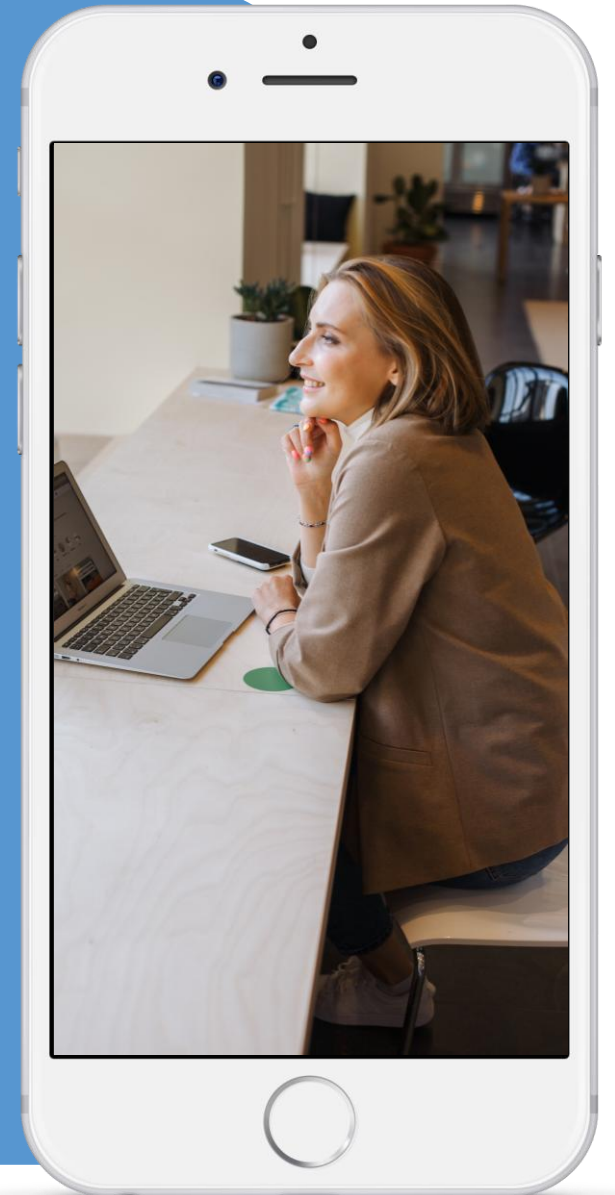
Theory



# 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.

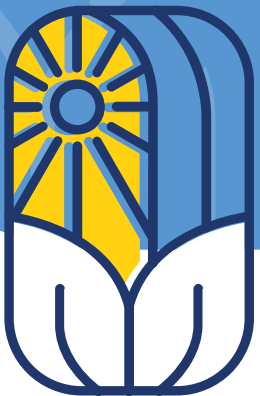
# Why These 3 Aspects Are Important for Your Mentees

- 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

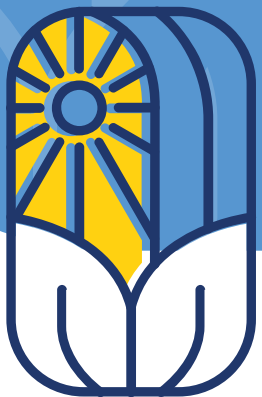
*Reflect on and write down:*

- 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

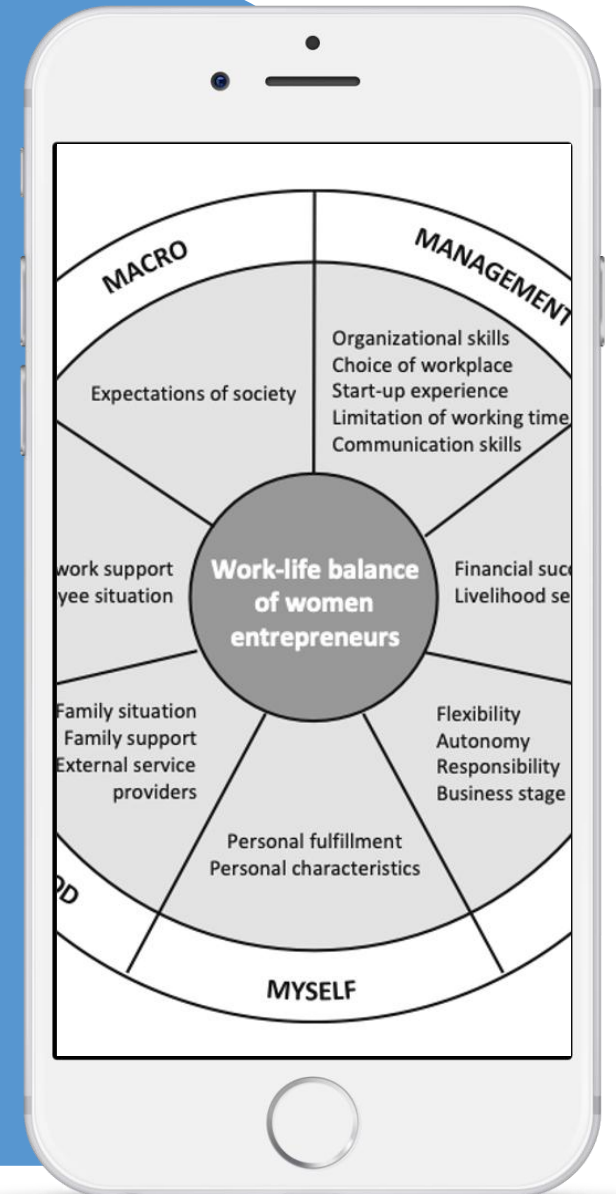
Tools



# 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

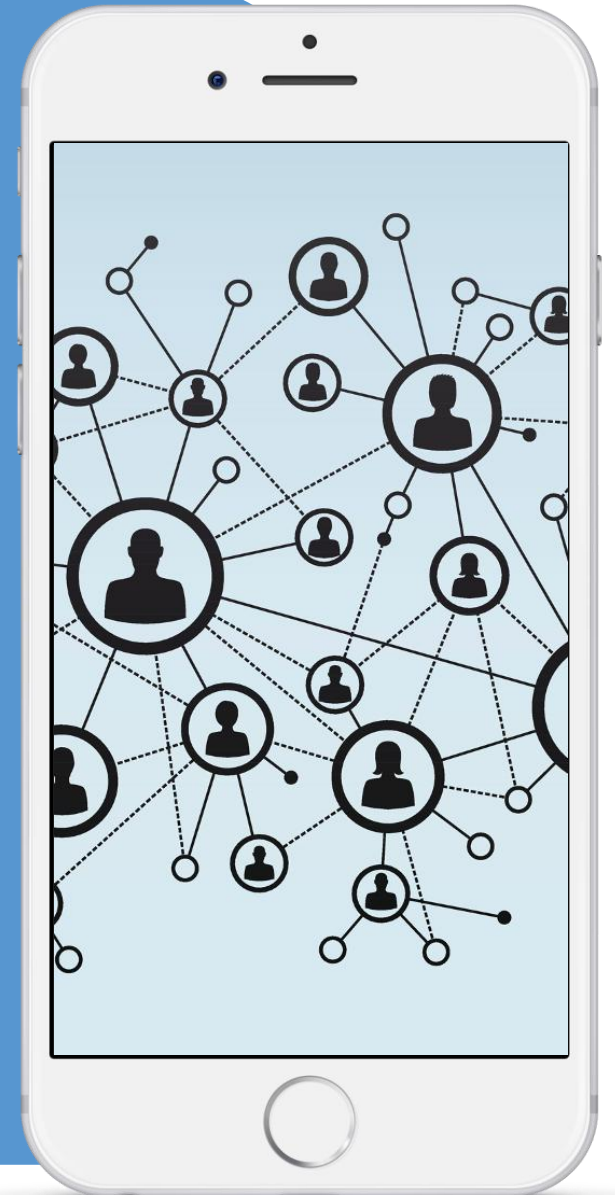
- **Understand psychological well-being and work-life balance**
  - Key definitions and components for women entrepreneurs.
- **Better BALANCE Guide**
  - DIY templates and activities designed to help women and workplace leaders create a healthier balance between professional and personal responsibilities.
- **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.



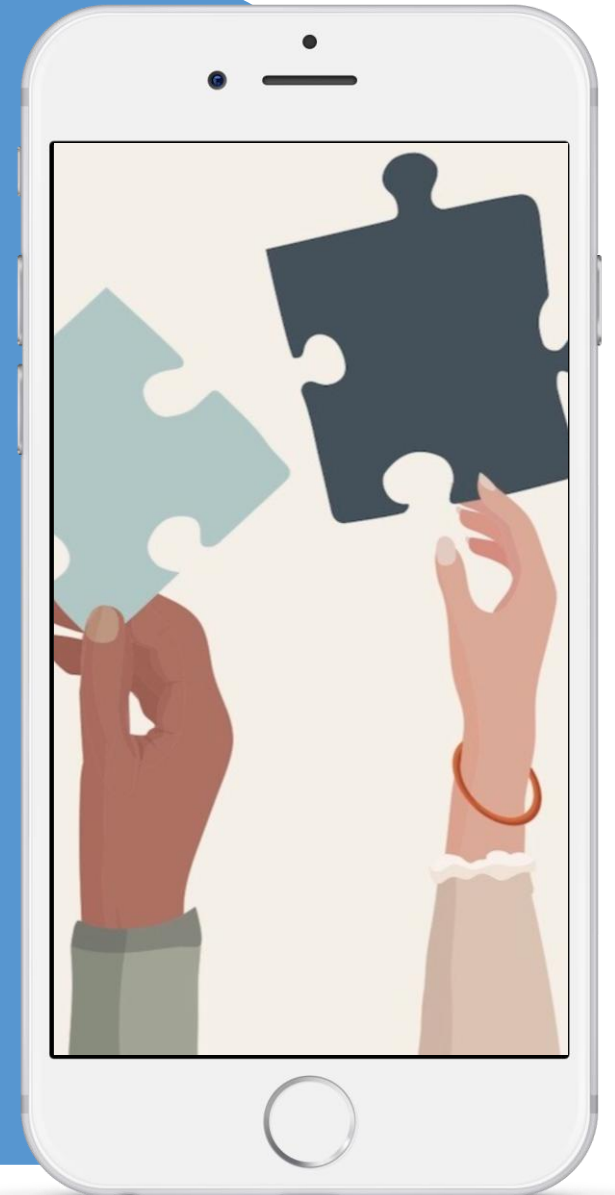
# How to use the Peer Connect Tool

- **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



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## Thank you

Please contact Nelli Scharapow for more information:

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



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