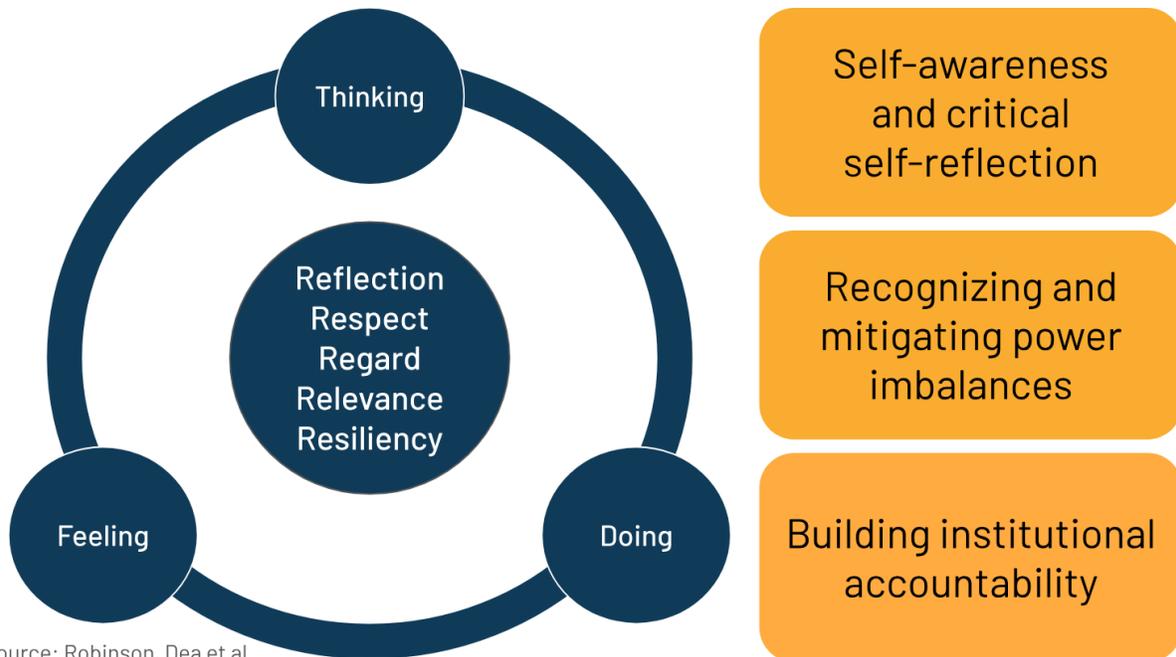


# 5 R's of Cultural Humility Approach



Source: Robinson, Dea et al.

Reflection	<p><b>Aim:</b> Approaching every encounter with humility – there is something to learn from everyone</p> <p><b>Ask:</b> What did I learn from this interaction?</p>
Respect	<p><b>Aim:</b> Treat every person with respect and strive to preserve dignity</p> <p><b>Ask:</b> Did I preserve dignity and show care? How?</p>
Regard	<p><b>Aim:</b> Hold every person in the highest regard, and challenge oppressive stereotypes, statements, and assumptions</p> <p><b>Ask:</b> What assumptions did I make? How did they influence this interaction?</p>
Relevance	<p><b>Aim:</b> Apply cultural humility to every encounter</p> <p><b>Ask:</b> How was cultural humility relevant here?</p>
Resiliency	<p><b>Aim:</b> Build personal resiliency and global compassion through practicing cultural humility</p> <p><b>Ask:</b> How was my own capacity for compassion impacted?</p>