



The Culturally Intelligent Professional: Self-Assessment

Use this self-assessment to rate yourself on the table below.

How do you rate yourself?	Needs improvement	Strength	Significant strength	Development tactic
Open-mindedness				
Flexibility with attitudes and behaviour				
Ability to adapt your behaviour				
Appreciation of differences				
Comfort with uncertainty				
Ability to trust when dealing with the unfamiliar				
Win-win attitude				
Humility				
Willingness to have your own views challenged				
Ability to make independent decisions when you are far from your usual resources				
Patience when you are not in control				
Ability to deal with the stress of new situations				
Sensitivity to nuances of differences				
Respect for others				
Willingness to change yourself as you learn and grow (vs. changing others to fit you)				
Empathy				



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Self-reflection:

How did you rate yourself on the above table?

How do you think your co-workers would rate you?

¹ Adapted from Brooks Peterson. Cultural Intelligence: A Guide to Working with People from Other Cultures, Intercultural Press, 2004.