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<https://www.humorkom.de/trainings.html>

First topic:

1. The Change of Perspective: A Key Factor in Intercultural Settings

Background:

We increasingly work, socialise and interact with people of different cultural backgrounds. Thanks to their diversity, intercultural teams can be particularly efficient and successful if they know how to navigate around intercultural cliffs.

Intercultural competence is an important asset for the successful interaction with others. How do we react if we have scheduled a meeting and we have to wait for our colleague the third time in a row? How do we handle the individual needs for social distance and personal space? What is the impact of non-verbal language?

Humor can be supportive in intercultural situations. It can improve the communication if it is used respectfully and with caution. Be careful with jokes. Depending on the cultural background they can miss the point. It's not about being a joker. It's about a playful, natural interaction. It can also be very helpful to break down the borders if we are taking a closer look at our own cultural practices, values and assumptions. A change of perspective can make us smile and relieve stress between colleagues of different backgrounds. Humor works as a social lubricant and a door opener to people. It increases the flexibility and creates new points of views within intercultural relationships.

We need our mind, our feelings and our body for a humorous interaction between individuals. For a successful intercultural exchange we use exactly the same network.

Target:

The overall target of the workshop is to help participants interact more effectively in culturally diverse settings and enhance their intercultural awareness and sensitivity. They will realise and reconsider cultural differences, stereotypes and prejudices and practice the change of perspective - the key factor in intercultural settings.

Target Audience:

Generally everyone who wants to improve their interaction within an intercultural team at work, with customers or suppliers, e.g. managers and employees who work in sales, administration, production, development, human resources, university staff, students.

Method:

We will cover the topic in an informative and enjoyable way. We will focus on an interactive approach with role plays, dialogues and team work and different methods and tools to activate the change of perspective, our perception, mindfulness and flexibility.

Language:

English or German

Participation:

between 10 and 16 persons.

No previous knowledge required.

Duration:

1 day/6 hours

Trainer:

- Kirsten is a certified HumorKom® Humor Trainer/Humor Coach. She gives international workshops and interactive presentations in English and German.
- She lived and worked 10 years in the United States and The Netherlands. Her international experience made her sensitive to other cultures and sharpened her ability to see things from different angles and to stay confident in uncertain situations.
- Kirsten has a Bachelor degree in International Business Studies. She worked in sales and marketing for many years and she experienced how demanding and stressful work life can be. During her further education as a Humor Trainer she learned how her personal sense of humor can strengthen her in difficult situations.
- To develop her own humor skills she also completed a training as a Clown and Comedy Actor.
- Kirsten works with different training methods and tools to stimulate the individual sense of humor of the participants. She motivates them to use this experience in their intercultural (work) life.
- Kirsten is the mother of four kids, born in Germany, the Netherlands and the USA.
- In her free time she enjoys outdoor activities, sings in a choir and spends time with her family and friends.