

CQ Club

cultural intelligence

Work at a culturally diverse workplace?

Expat in Sweden?

Managing a cross-cultural family?

Want to share your experience?

Seeking to increase your cultural intelligence (CQ)?



CQ Club

offers a series of informal after-work meetings for everyone interested to explore cultural intelligence in our everyday life

Executive, manager or 'cross-cultural' spouse – all of us are human beings in the first place, and all of us see the world in different ways.

Culture is a tricky thing – it impacts us immensely but it also hides essential keys to our behavior deep in our unconscious. Our hidden *cultural mindset* makes us think and act in ways that sometimes are counterproductive in cross-cultural environments. We become less effective at work and less happy in our private life.

People possess multiple intelligences. We use our **IQ** for problem solving, and our **EQ** for managing feelings and emotions. However, these two do not necessarily make us effective in situations characterized by cultural diversity. It is our Cultural Intelligence (**CQ**) that steps in.

Cultural intelligence is the capability to function effectively across national, ethnic, and organizational cultures

We all know people who elegantly move in and out of various cultures, achieve their goals and remain happy – how do they manage? Everyone has a *cultural intelligence quotient (CQ)*, a score derived from a validated instrument now used by academics, consultants, and managers around the world.

And it's a capability anyone can develop!

Welcome to find out more about cultural intelligence (CQ) in this open workshop series. It is to inspire you to see the relevance of cultural intelligence to your life, heighten your cross-cultural awareness and help you become more effective in your actions.

We will also present CQ Assessment tools that you may want to use for your personal CQ development.

About CQ Club

5 after-work evenings, 18.00-20.00

January, 24

Exploring CQ in my life. CQ Assessments

February, 4

My CQ Drive and how to improve it

February, 20

My CQ Knowledge

March, 4

My CQ Strategy: cultural awareness

March, 19

CQ Action: how do I DO culture?

Place

Hälsans Hus, Fjällgatan 23B, Stockholm

Price per session

200 kronor incl. VAT

Sandwich and coffee/tee included

Preferably to bankgiro 5370-1165

Please apply to

info@intelligentmindsets.com or

+46 70 231 0522

This CQ Club series consists of 5 sessions. Each subsequent session builds on the previous one – we recommend that you attend all of them. However, their design allows you to catch up with the material of the previous session.



Each session includes 4 activities: Sharing, Knowledge, Awareness and Exercise. By combining these, we experience Culture in an integral way – just like in real life.

After each session you go home with a little bit more knowledge and hopefully heightened awareness of how your own cultural patterns interact with the patterns of those you come in contact with: your partner and children, colleagues and bosses, clients and business partners. Simply put – you have become a bit more culturally intelligent!

We use mostly Swedish and English during our sessions – and we are very good at mixing them!

CQ Assessments

You might be interested in assessing your CQ – your strengths and weaknesses – or performing Individual Cultural Values Inventory. *Intelligent Mindsets* offers the only evidence-based and validated CQ assessments in the world. The following assessments are available:

CQ Self-Assessment

online, feedback report with your personal scores and suggestions for improvements

CQ Multi-Rater Assessment (360°)

combines self-inventory with feedback from others; online, comprehensive personalized feedback report, individual culture orientation and personal development plan.

Individual Cultural Values Inventory

feedback on your personal preferences in 7 cultural values (e.g. individualism vs. collectivism, cooperative vs. competitive, time orientation etc.)

Additional CQ assessments available for classroom use, study abroad, short-term missions, etc.

Please contact us for prices and arrangements.

CQ Club facilitator

Anastasia Nekrasova

Intelligent Mindsets



CQ Certified Facilitator
Leadership development
Executive coaching
Education and training
Authorized LDF consultant

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Minds are like parachutes. They only function when they are open.

Sir James Dewar, scientist