# Building Your CQ: Cultural Intelligence

- **CQ Strategy (Head)**
  - **Thought/Observation**: How a person makes sense of experiences - strategize before you move. This is planning to do it, habit of doing, a daily walk, a daily practice.

- **CQ Knowledge (Head)**
  - **Thought/Observation**: How a person understands how people are similar/different. The knowledge of how culture shapes behaviors, values and beliefs.

- **CQ Motivation/Drive (Heart)**
  - **Belief in Possibility**: How a person shows interest in others who are different from them. Motivation to learn/Explore others backgrounds/Want to do it.

- **CQ Behavior/Action (Body)**
  - **Mirroring**: How a person shows the capability to adapt (verbally/non-verbally) to others that are different from them. How you behave, think on your feet, adapt to others.

## Key Takeaways
- Assess yourself – Are you ready?
- Assess your organization – Is your organization ready?
- Join diverse organizations in your community
- Attend diverse conferences
- Engage collaborative partners