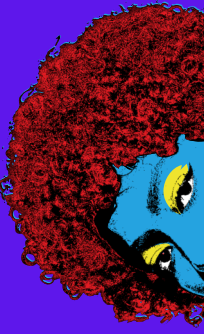


Our Training Social Contract



Every trainee must read and agree to this “social contract” before joining us. A social contract is an understanding between two entities - in this case, the Center for Cultural Humility (CHUM) and you - on a relationship’s nature and expectations. As you enter our space, and we enter yours, we want to calibrate and optimize everyone’s experience.

NOT LIKE US

Our evidence-based trainings aim to be very contextually rich, intimate, dynamic, and timely. They present ideas and exercises that may make you uncomfortable: The content can be ugly (figuratively and literally) and challenging. Not everyone is ready for that - and that’s okay! *Please* deeply consider your readiness and comfort in exploring topics - like trauma - before you come to one of our trainings.

#RELATIONSHIPGOALS

Taking a training is a true investment of your time and energy. It’s you committing to us, however briefly. To honor that investment, we never compromise the quality of our trainings, and we’re always elevating our content. When you take a training with us, you’ll always receive the most culturally salient and scientifically rigorous content in the field. This said, regardless of the training length that you choose, you’ll always get sincere effort, depth, and clarity from us.

ACCOMODATIONS

Unlike other trainings you’ve likely taken, CHUM focuses heavily on your senses. Our team is not just composed of experienced trainers and researchers - but artists. **We’re colorful AF (as the kids say).** Visuals tell and amplify stories in ways words simply can’t. We use a wide array of vivid visuals in our trainings. If animations or bright colors impact your ability to engage, *please tell us in advance.* We’re always happy to adjust!

PARTICIPATION

Our trainings aren’t contests for being woke and virtue-signaling. And we don’t want them to have the vibe of a Monday morning staff meeting. Think aloud. Ask questions. Answer questions. Allow yourself to be vulnerable. Don’t be an empty vessel here - speak up and out whenever you’re feeling it, however you’re feeling it.

VIRTUAL BUT PRESENT

This note is for folks taking our virtual training: Please have your camera on for the vast majority of the training and have minimal background distractions. We sometimes remove people from virtual sessions if they’re consistently off-camera. Why? It can feel distracting and disrespectful to your peers and the trainer who are making the effort to viscerally connect. If you can’t be genuinely present, please consider rescheduling for a time when you can be.

GREAT-ISH EXPECTATIONS

Our trainings are thematically extensive. But we have no expectation that everything we present will resonate or be practical for your specific situation - that’s okay. It just shows there’re different ways to do this! When you come to the training, we just ask you to engage with earnestness. Consider the advantages of changing your existing approaches. See the bigger picture for why we’re here.

QUESTIONS?

Please email us at humility@berkeley.edu or visit us at www.humilitycenter.org!

