



# Cultural COMPETENCY

awareness  
action  
advocacy

## CONFERENCE JOURNAL

VIRTUAL CONFERENCE

SEPTEMBER 18 - 20, 2018

[MilitaryFamiliesLearningNetwork.org/2018VirtualConference](http://MilitaryFamiliesLearningNetwork.org/2018VirtualConference)

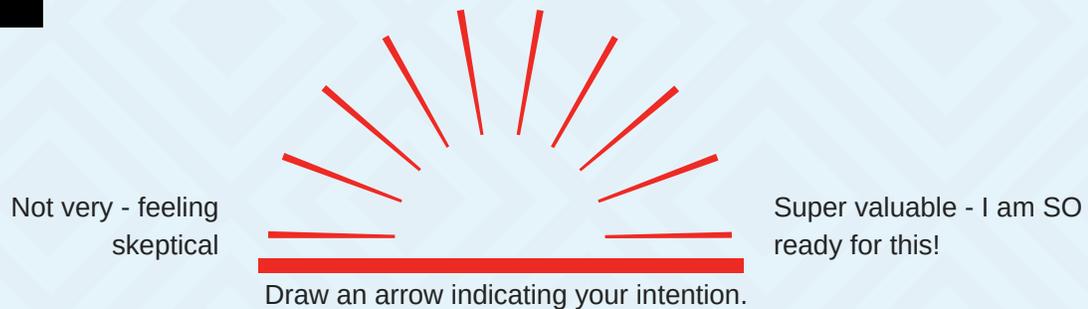


# Conference

## Preparation & Reflection

# 1

**How valuable an experience do you plan this week to be?**



# 2

**How participative do you plan to be?**

What action(s) do you need to take to make space or prepare yourself for this week's learning experience?

# 3

**What obstacles (if any) do you expect to interfere with this week's practice/learning?**

What is your plan for mitigating these obstacles?

# 4

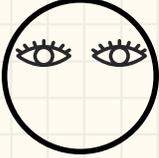
**Do you feel authentically committed to growing your cultural competency skills?**

What do you hope to achieve?



# Conference Reflections

Day 1

<p>On my mind today:</p>  <p>I feel...</p>	<p>Moment(s) to treasure that I experienced today:</p>
---	--

*Keynote: Fundamentals of Diversity and Inclusion - Dr. Anne Phibbs*

Notes/Key Takeaways/Quotes to Remember:

*Cultural Competency and Authentic Dialog - Dr. Anne Phibbs*

Reflect on how you can use your voice to increase diversity and inclusion.

"When I dare to be powerful, to use my strength in the service of my vision, then it becomes less and less important whether I am afraid."--Audre Lorde



# Conference Reflections

Day 2

<p>On my mind today:</p>  <p>I feel...</p>	<p>Moment(s) to treasure that I experienced today:</p>
---	--

## *Dis/ability, Race, and Equity - Dr. Maggie Beneke*

Reflect on your own feelings and experiences surrounding systemic privilege and/or inequity. How have they shaped the way you think?

## *Sexual Orientation & Gender Expression within Families*

*- Dr. Jenifer McGuire*

What is your level of comfort in talking about gender expression and sexual orientation?

"There is no such thing as a single-issue struggle because we do not live single-issue lives."

-Audre Lorde, 1982



# Conference Reflections

Day 3

<p>On my mind today:</p>  <p>I feel...</p>	<p>Moment(s) to treasure that I experienced today:</p>
---	--

## *Health Disparities at the Intersection of Race, Ethnicity & Disabilities - Barbara Kornblau, J.D.*

It is well accepted that people who are members of racial and ethnic minorities experience significant health disparities. What do you suppose happens when you add a disability to the mix? How do you think people with disabilities, who are also members of racial and ethnic minorities, experience health disparities?

*Capnote: Reflecting, Learning, Advocating -  
Andrew Crocker, Dr. Anne Phibbs*  
Notes/Key Takeaways/Quotes to Remember:



# Congratulations!

Congratulations on all the work you've done in this journal! Whether you feel like you did a little or a lot, you should feel good because you took the time to continue your cultural competence journey. You are awesome!

## NEXT STEPS

### **1** How do you feel about doing more storytelling and developing your cultural competence going forward?



### **2** Continue your work with others.

You can make your journey easier by seeking the support of others. One place to connect with others is the "Storytelling for Cultural Competence" discussion forum.

This forum is private and is a safe space for registered users to share their thoughts as we continue our cultural competence journey. Sign up at

[militaryfamilieslearningnetwork.org/courses/storytelling](http://militaryfamilieslearningnetwork.org/courses/storytelling)

### **3** Make a plan for change.

Cultural competence is a lifelong journey. You've taken some critical steps in the past week. Making an action plan can help you maintain your momentum. You can find a guide for making your advocacy action plan at

[militaryfamilieslearningnetwork.org/2018virtualconference/](http://militaryfamilieslearningnetwork.org/2018virtualconference/)