



PEP SHEET
Culture Shock

Take a moment to listen to our #9 episode on culture and reflect on the questions:

When have you previously experienced culture shocks? New job, new country, new family settings?

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What did you learn from changing culture?

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How have you tackled the different phases of culture shock?

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Do you need a little more culture shock in your life? What benefits would that have?

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Other reflections:

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