
The Audacity of Stepping Outside of your Comfort Zone

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ESG UQÀM

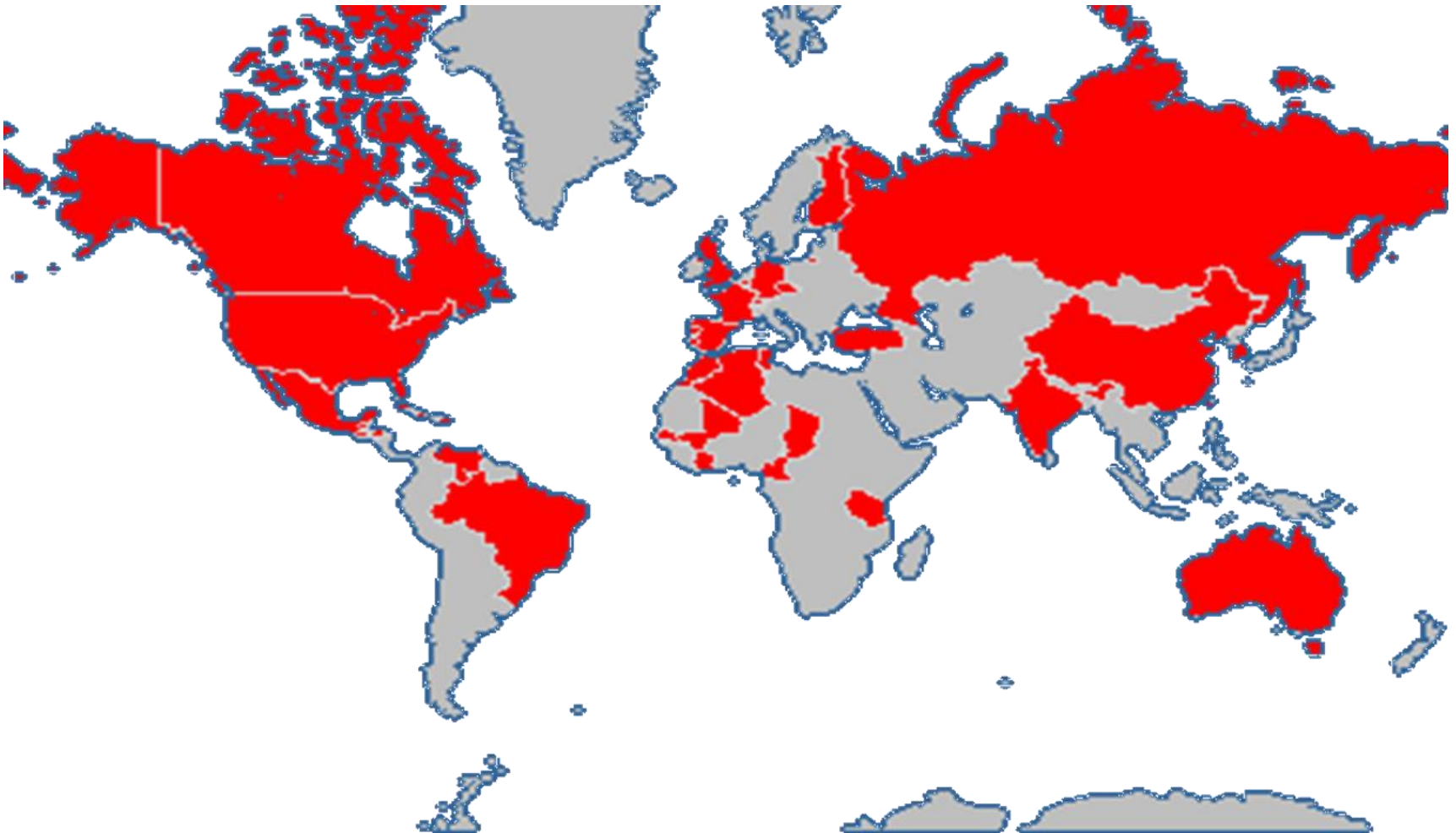
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Who Am I?



My International Experience



My First Experience Abroad



Let Us Begin With a Little Story



*A mind that is stretched by a new experience
can never go back to its old dimensions..*

Teranga



An Overwhelming Experience



True Understanding of Others



A Unique Experience



N'Djamena



Europe, France or Paris?



Shining Cities



Istanbul: To Be in Two Different Continents



China: Between Modernity & Tradition



At the Border of the Unknown



My Adventure at the Other End of the World



State of Mind

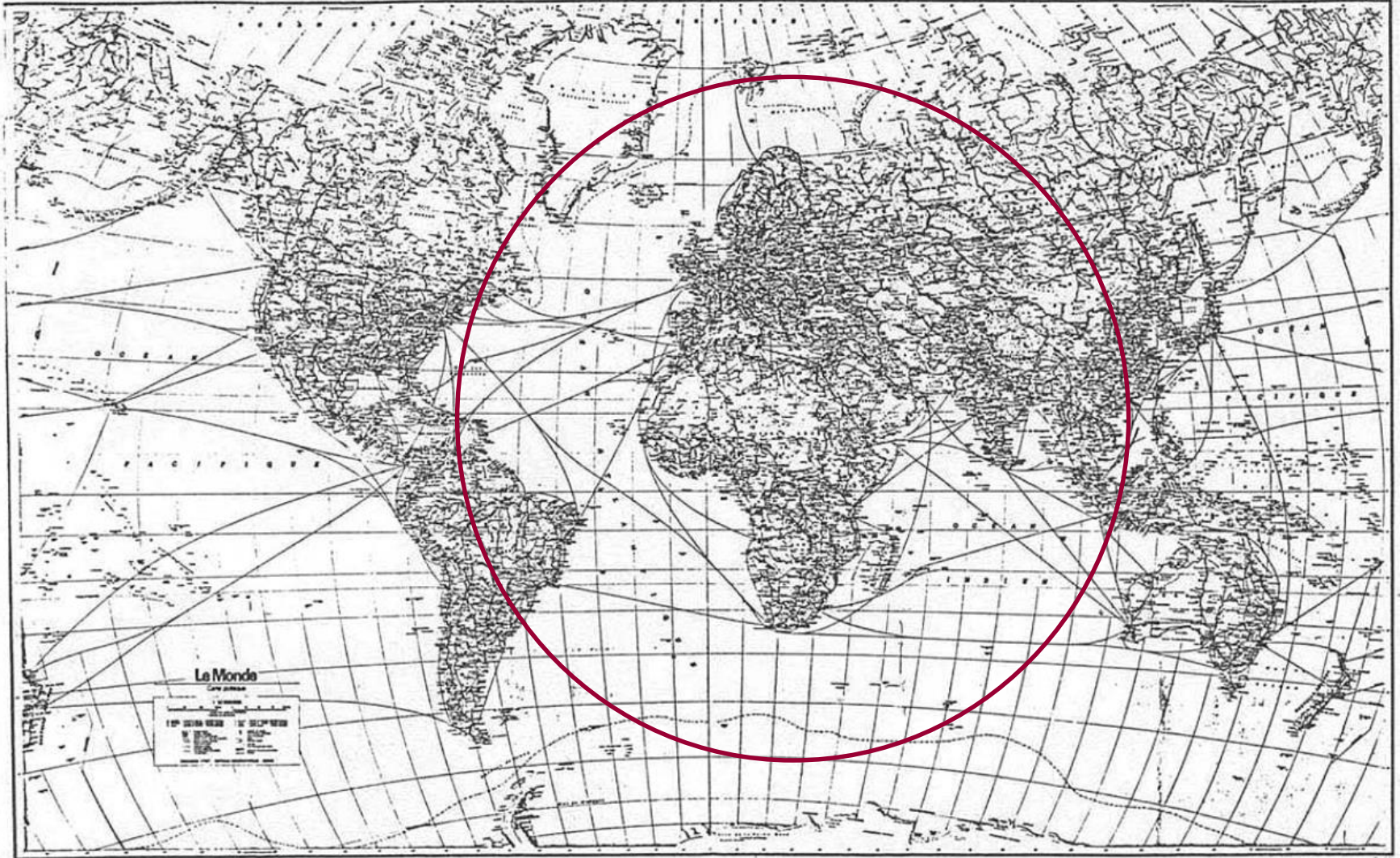
*"I am able to control only that which I am aware of.
That which I am unaware of controls me.*

AWARENESS empowers me".

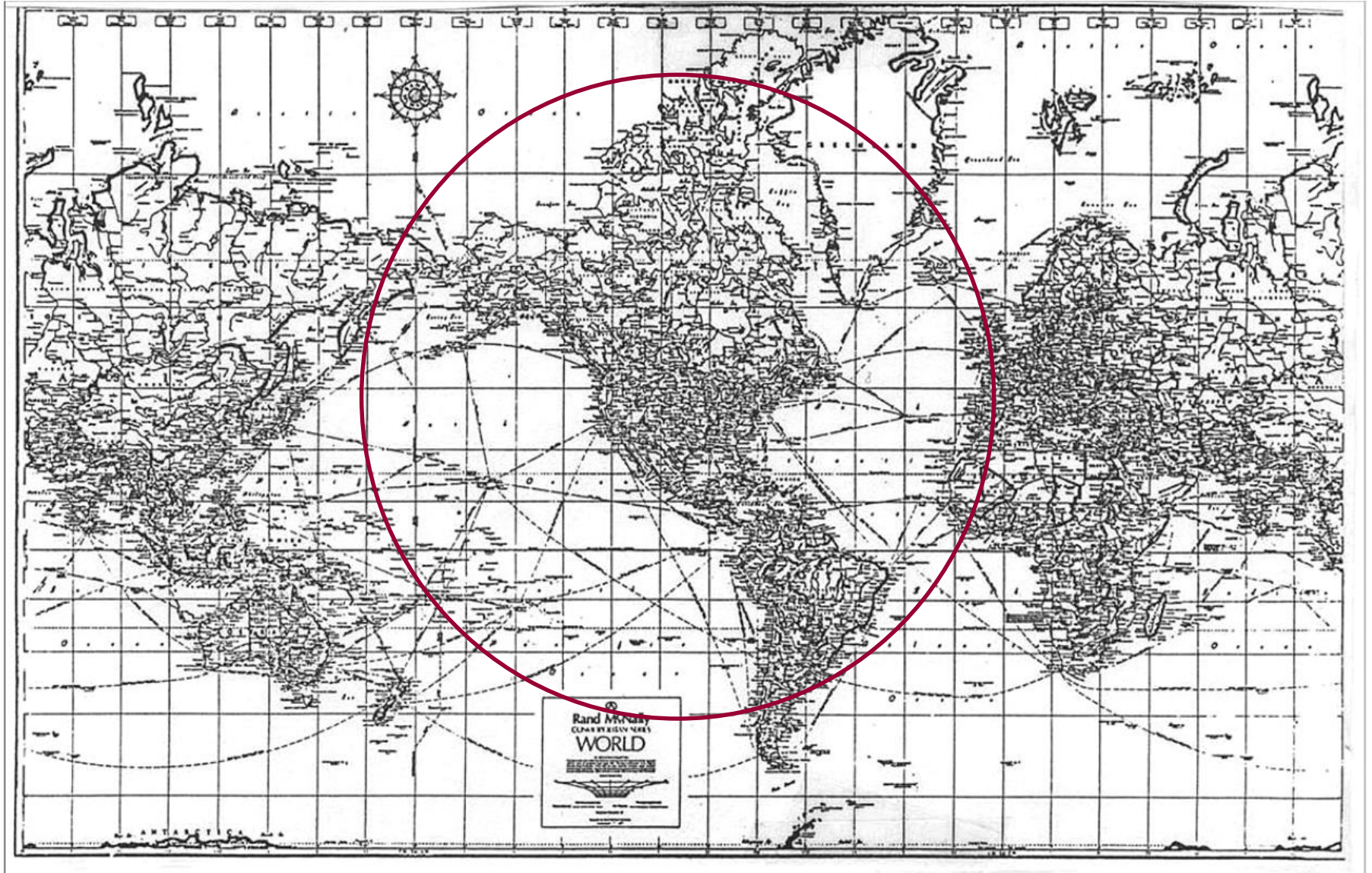
John Whitmore
Coaching for Performance



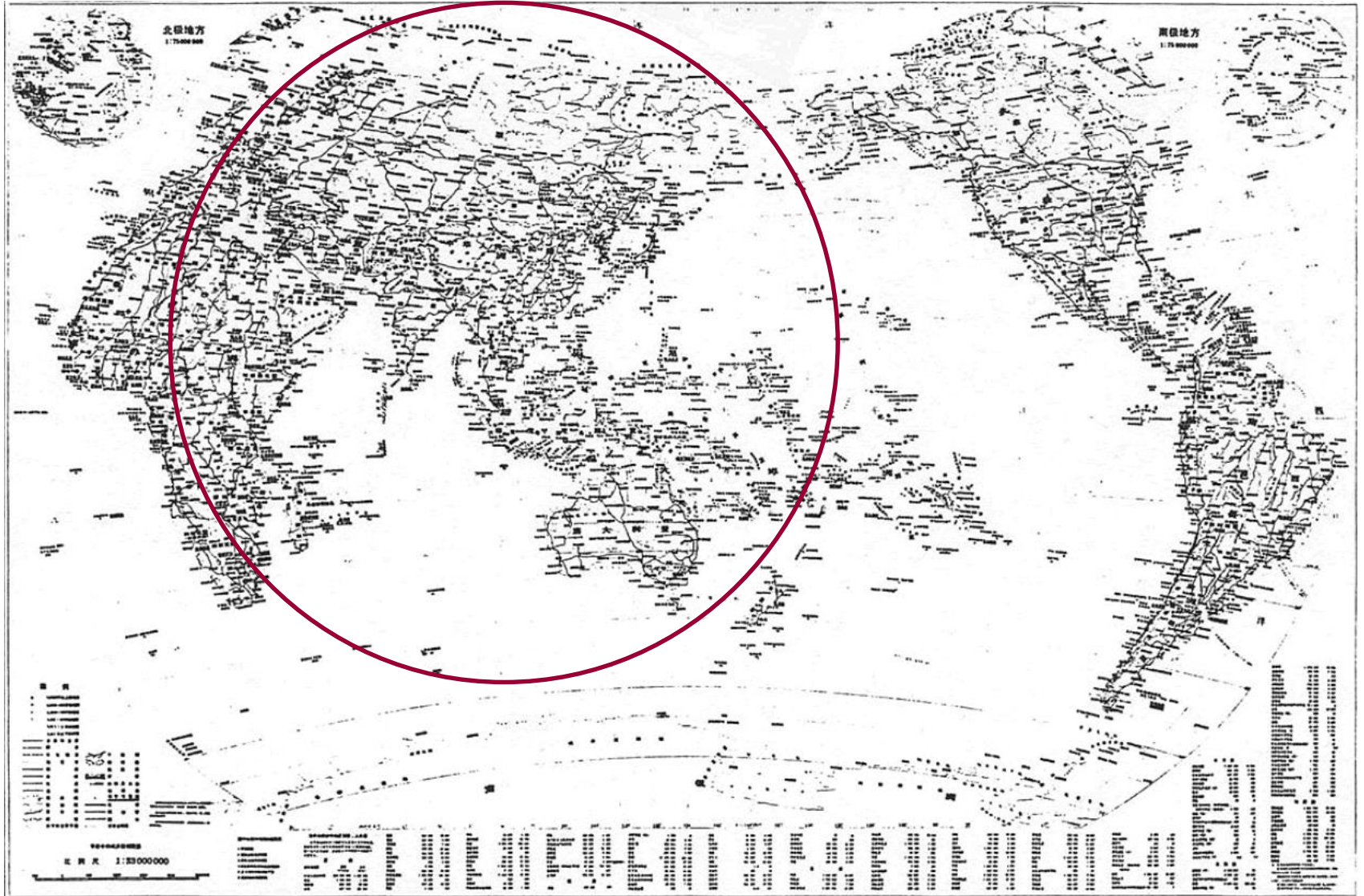
The World According to Europe



The World According to USA



The World According to China



We Are Not The Center of the World


We all assume
the rest of the world
functions the way we do

WRONG!


Ethnocentrism: tendency for any people to put their own group in a **position of centrality** and worth while creating and reinforcing negative attitudes and behaviors toward out-groups

Culture Differences

East Asia

- "We" oriented 
- group loyalty
- affect based trust
- respect of seniority
- long lasting relationship
- context thinking
- implied nonverbal message
- spiral and subtle logic
- saving face attitude

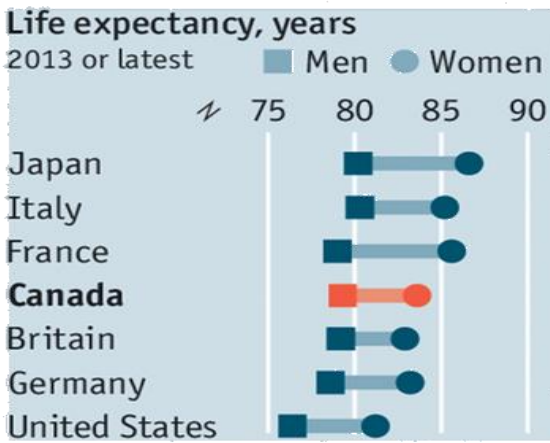
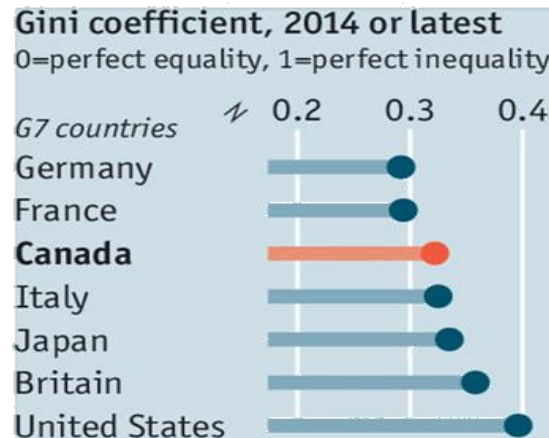
North America

- "I" oriented 
- autonomy and initiative
- cognitive based trust
- respect of achievement
- superficial relationship
- regulation thinking
- explicit verbal message
- linear and direct logic
- expressed disagreement

Don't Touch Cultures

North America, Northern Europe, Japan

Canada in World Rankings

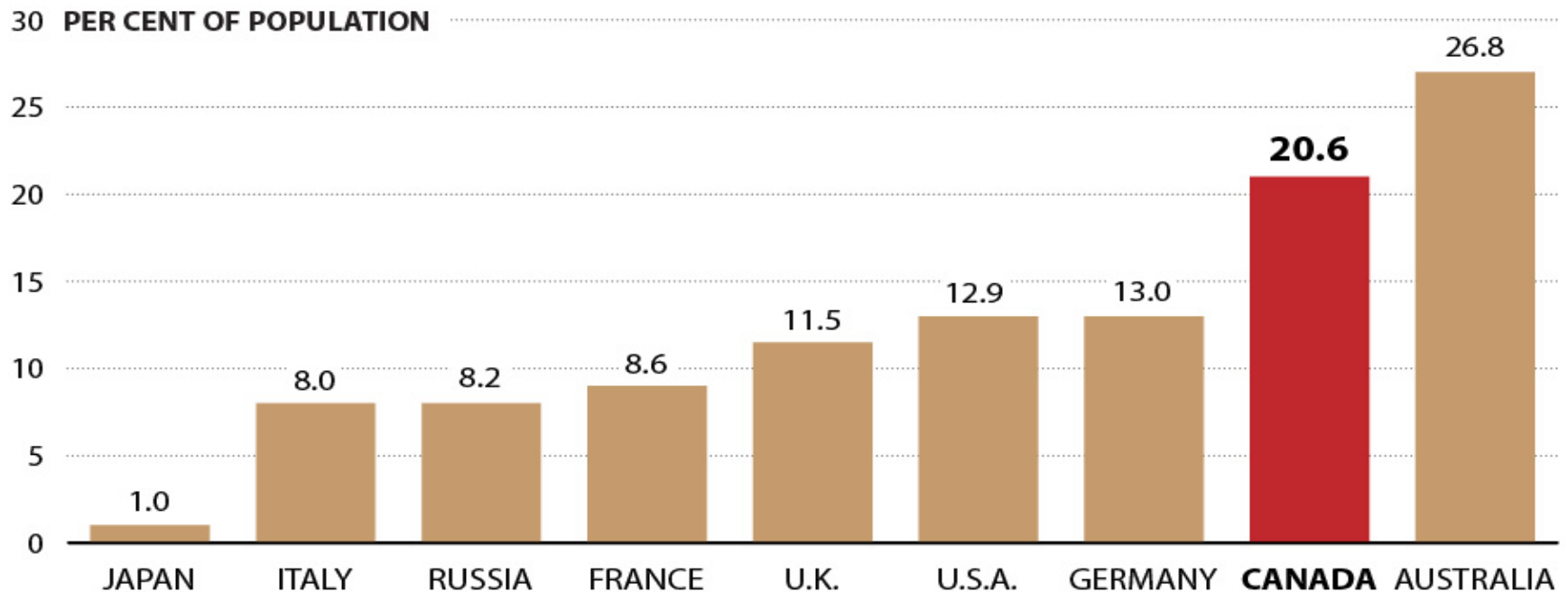


Sources: OECD; IMF

*At national level. Includes shared-leave option which can be taken by fathers

Canada Is A More Multicultural Society

% of population born outside the country



Do You See Any Arrow in This Logo?



Pattern Of Recognition

- if you don't see any arrow, it is because you don't have the proper **pattern of recognition**
- as soon as you experiment a pattern, your brain will find it in other situations
- if it doesn't exist, you won't be able to see it

you don't see the world as it is
you see it as you ARE

Yes! There Is An Arrow In The Logo



Do You See Any Spoon in This Logo?



Few Steps For Mind Stretching

- learn other languages including English
- learn other culture and countries
- dare to form relationships with various people
- show some interest to others and never judge
- see value in every people especially different ones
- take risk, accept unpredictability, and try new things
- travel abroad: tourism, studies, work



Why International Experience Will Change your Life?

- Learn differently
- Develop multicultural skills
- Being able to adapt more easily to changes
- Building up interpersonal skills
- Improve language skills and learn new languages
- Useful to your career development and enable you to improve your skills
- Perceiving and understanding the world differently (self-awareness)
- Become a Global Citizen for Change



WHO DID YOU NOTICE MORE?

Thank you!