

Cultural Humility

Health Equity Advancement Lab (HEAL) Principle



What is Cultural Humility?

Cultural Humility:
Incorporates a lifelong
commitment to self-
evaluation and self-critique,
to redressing power
imbalances, and to
developing mutually
beneficial and respectful
partnerships with diverse
communities

1. Focus on the needs of those you are working with
2. Empower community to direct the project and have a sense of ownership
3. Examine similarities and differences between our own and the community's priorities, goals, and abilities
4. Exchange of resources and knowledge

Cultural humility does not require us to be competent in other's cultures



It involves developing a respectful partnership with diverse individuals and communities and creating relationships that benefit all involved and empower those we are working with

Cultural Competency

VS

Cultural Humility