**Cultural awareness**

More people are working and living in multicultural settings. This diversity brings new ideas that benefit our workplaces, communities and the world. But it can also lead to interpersonal misunderstandings. This month, let’s focus on overcoming the challenges and embracing the benefits of multiculturalism.

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| **In this month’s engagement toolkit, you’ll find:****Insights for building stronger ties with your co-workers****A checklist of fun ways to learn about other cultures****Tips to help couples conquer cultural differences****Training tools to help yourself and others appreciate cultural differences** |

[View toolkit](https://optumwellbeing.com/newthismonth/en-GB)

**What to expect each month:**

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|  | **Latest topics** – connect with up-to-date content that focuses on a new topic every month |
|  | **More resources** – get access to additional resources and self-help tools |
|  | **Content Library** – ongoing access to your favourite content |
|  | **Support for everyone** – share toolkits with those you think may find the information meaningful |