

Babel

LANGUAGE AND CULTURAL TRAINING



WORKING
& LIVING
IN THE UK

Duration: 6 hours

Format: 2 x 3 hour live
online sessions

Programme Overview

Objectives:

- Understand the cultural challenges associated with living and working in the UK
- Identify the core values and attitudes of the British
- Avoid work-related misunderstandings when interacting with British colleagues
- Learn how to build rapport and communicate effectively
- Develop practical strategies for overcoming your own 'culture shock'

Pre-Read: "Living & Working in the UK" Culture Guide

Programme Content:

Introduction to the UK

- Introductions, course objectives and agenda
- Intercultural self-awareness; stereotypes versus reality
- Managing culture shock and adaptation
- UK history insights and geographical influences
- People and society
- Government and politics
- Current public affairs and social trends
- British underpinning behaviour, values and mindset
- British expectations of you

Contact

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Working in the UK: Approaches and Preferences

- Breakout Rooms: What have you observed so far? The positives? The challenges?
- Business organisation and structure
- Building work and social relationships
- Time, deadlines and schedules
- Poll: What makes a good leader?
- Authority and hierarchy - how and who to ask
- Group Exercise: work-related scenarios

Effective Communication

- Ice-breakers and small talk
- Poll: How successful are your meetings?
- Quiz: Decoding British language and humour
- Controlling native-English speakers
- Asking for, interpreting and giving feedback and information to colleagues
- Meetings: Participating actively, presenting effectively, keeping control
- Group Exercise: work-related scenarios

Living in the UK

- Help: Where to find it
- Socialising: what to talk about, and what to avoid; appreciating their food and drink;
- social etiquette; what to wear; where to meet people
- Sensitive topics
- Maintaining a good work/life balance
- Final tips for integrating effectively and survival strategies

Post Course: Tool-kit

