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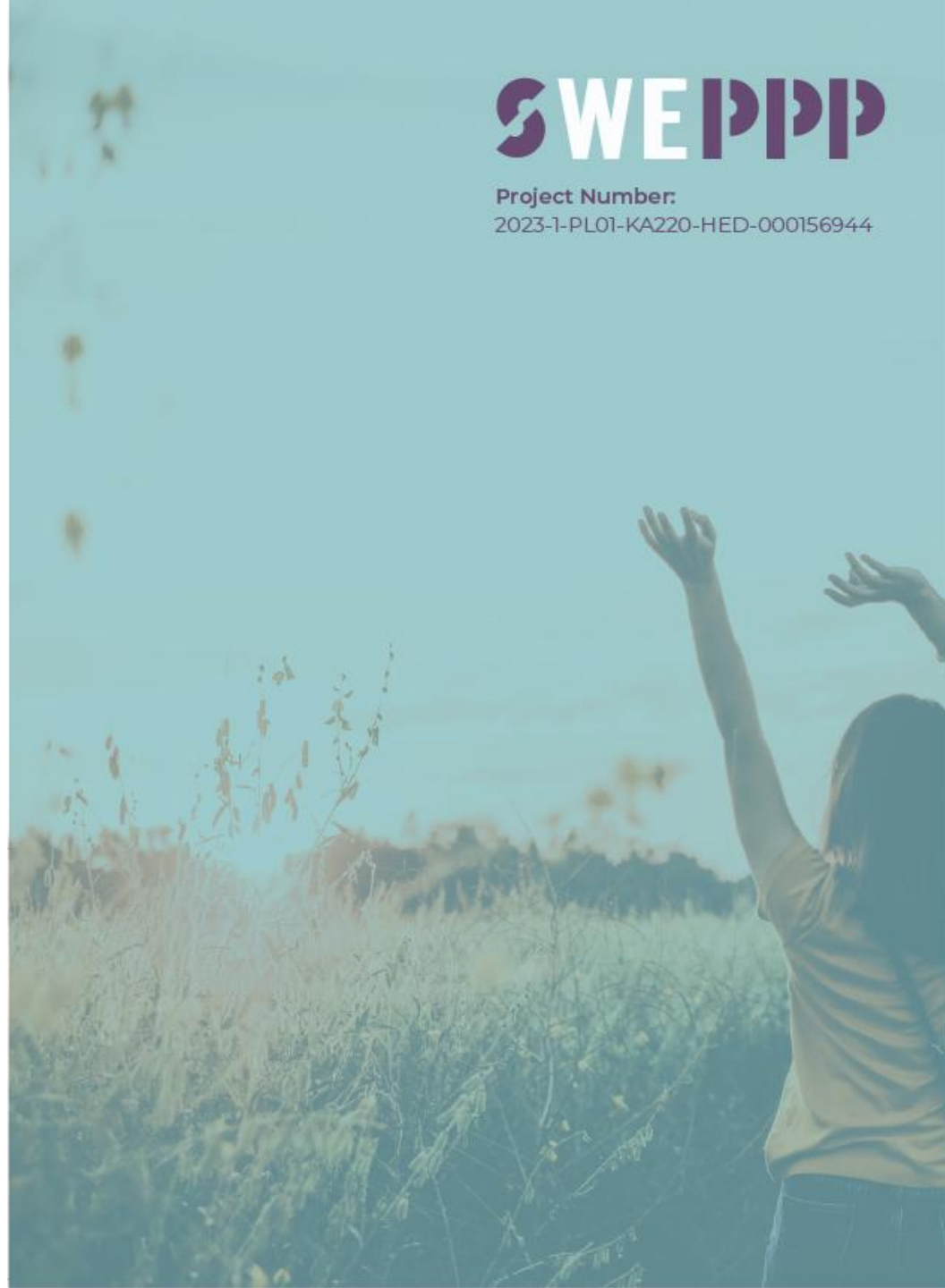
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Sustainable Wellbeing: Harmonising of Personal, Professional and Planetary Dimensions

- Unit 4 -

Promoting Well-being for Sustainable, Digital and Resilient Societies

Section II: Social and Cultural Foundations of Well-Being

Section Content

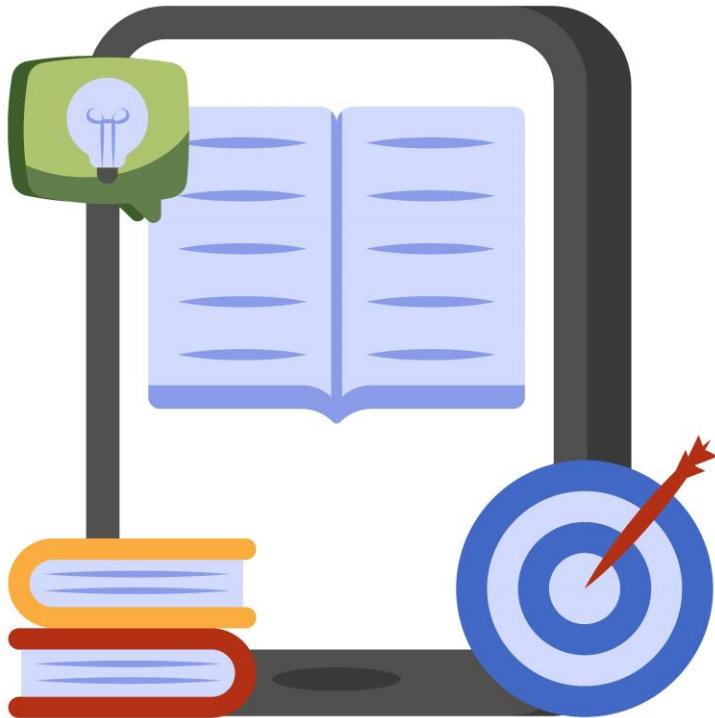


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Social Well-Being

Social Skills

Key Components of Social Well-Being

Cultural Competence

Key Components of Cultural Competence

Emotional Intelligence

Skill Development for Personal and Professional Life

Social Well-Being

Definition: “building and maintaining healthy relationships and having meaningful, authentic interactions with others.” (Boston University, [link](#)).

Nurturing social well-being is essential to individual well-being. As highlighted in Maslow's Hierarchy of Needs, all levels beyond basic physiological survival needs are deeply influenced by our relationships with others (Maslow, 1943).

So, the interactions we share with our family, friends, colleagues, and others in our community profoundly influence our overall well-being, impacting physical, mental, and other dimensions of our health.

Short Read

[What is social well-being? Definition, types, and how to achieve it](#)
(~ 10 min.)

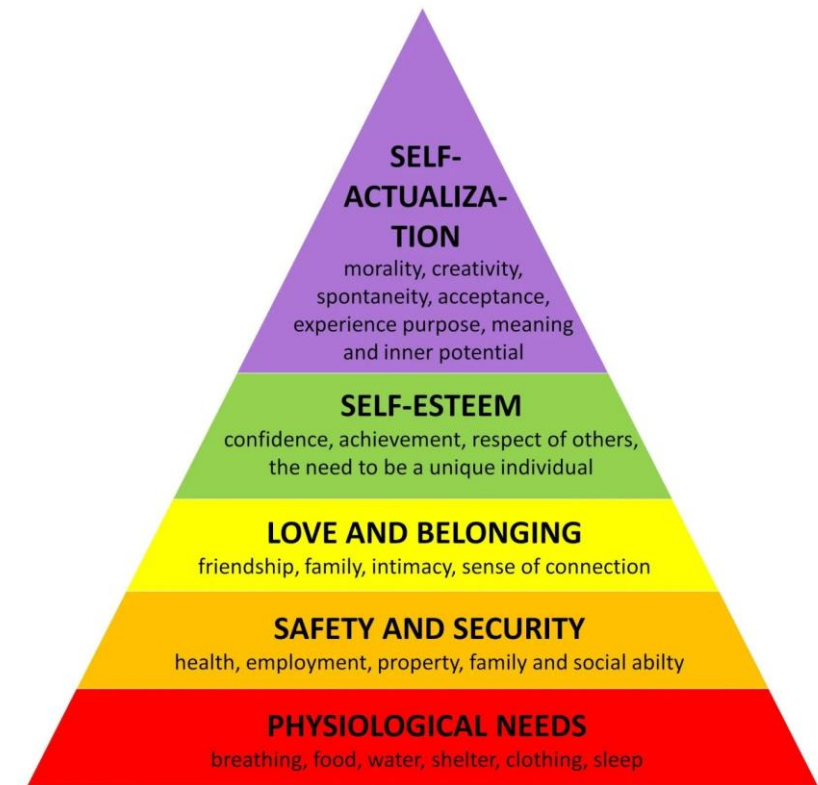


Image Source: Maslow's Hierarchy of Needs ([link](#))

Social Skills

Definition: “the skills we use to communicate and interact with each other, both verbally and non-verbally, through gestures, body language and our personal appearance.” (Skills You Need, [link](#)).

According to Riggio (1986) basic social skills can be categorized into six dimensions: Emotional Expressivity, Emotional Sensitivity, Emotional Control, Social Expressivity, Social Sensitivity, Social Control (Riggio, 1986).

Communication skills, empathy, cooperation, self-control, and conflict resolution are essential social skills that enable us to build, strengthen, and sustain meaningful relationships.

Short Reads

[Social Skills: Definition, Examples, & Training](#) (~ 7 min.)

[75 Social Skills Examples](#) (~ 7 min)

Short Video

[Social Skills Everyone Should Know](#) (~ 15 min.)

SOCIAL SKILLS

Social skills refer to the skills that you need in order to successfully communicate and work with others in a functioning society, community, or culture.

EXAMPLES

1 Verbal communication	7 Non-verbal communication
2 Cooperation	8 Manners
3 Collaboration	9 Leadership
4 Giving constructive feedback	10 Empathy
5 Receiving constructive feedback	11 Active listening
6 Reading social cues	12 Understanding humor

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Key Components of Social Well-Being

Positive Relationships

Connection with Others: Building and maintaining meaningful relationships with family, friends, and community members.

Trust and Support: Feeling supported by and being able to rely on others in times of need.

Healthy Communication: Effective verbal and non-verbal communication that fosters understanding and mutual respect.

Sense of Belonging

Community Engagement: Feeling included and actively participating in a community, workplace, or social group.

Cultural Inclusion: Embracing and respecting diversity and cultural differences.

Shared Identity: Developing a connection to collective goals, values, or traditions.

Social Support

Emotional Support: Receiving empathy, encouragement, and compassion from others.

Instrumental Support: Access to practical help, resources, or assistance when needed.

Reciprocity: The ability to both give and receive support, fostering balanced relationships.

Social Skills

Please refer to slide 5.

Personal Identity

Self-Expression: Feeling free to express oneself authentically in social settings.

Recognition: Being acknowledged and valued by others for contributions or qualities.

Self-Worth: Maintaining a positive self-view and a sense of purpose within society.

Cultural Competence

Definition: “the ability of an individual to understand and respect values, attitudes, beliefs, and mores that differ across cultures, and to consider and respond appropriately to these differences in planning, implementing, and evaluating health education and promotion programs and interventions.” (National Center for Cultural Competence, [link](#)).

Cultural competence is closely linked to social skills, with abilities like active listening, empathy, and engagement (de Guzman, 2016) playing a crucial role. Both cultural competence and social skills help us navigate diverse social interactions and promote social well-being by encouraging inclusive, respectful, and harmonious interactions.

Short Read

[What is Cultural Competence and How to Develop It?](#) (~ 5 min.)

Short Video

[Cultural Competence](#) (~ 2 min.)



Image Source: Freepik ([link](#))

Key Components of Cultural Competence

Cultural Awareness: The ability to recognize and understand the cultural differences and similarities between oneself and others. This involves being aware of how culture shapes beliefs, values, and behaviors.

Cultural Knowledge: Understanding the histories, traditions, and practices of various cultures. It involves learning about different cultural norms, communication styles, customs, and social practices.

Cultural Sensitivity: The ability to recognize and respect cultural differences and avoid making assumptions or judgments about others based on stereotypes.

Short Read

[Cultural Awareness - How to Be More Culturally Aware & Improve Your Relationships](#) (~ 7 min.)

Cultural Skills: The ability to communicate effectively and appropriately with people from different cultures. This includes using culturally appropriate language, non-verbal communication, and adapting one's behavior to be more inclusive.

Self-Awareness: Being conscious of one's own cultural identity and biases. Understanding how one's background and experiences influence perceptions of others is key to fostering cultural competence.

Advocacy and Action: Taking steps to challenge inequalities, stereotypes, and biases in both personal and professional contexts. It involves promoting inclusivity and equality through actions and policies.

Emotional Intelligence (EI / EQ)

EI is another concept closely linked to social skills and cultural competence, playing a vital role in enhancing social well-being.

Definition: “the ability to manage both your own emotions and understand the emotions of people around you. There are five key elements to EI: self-awareness, self-regulation, motivation, empathy, and social skills.” (Mental Health America, [link](#)).

EI is not only crucial for social relationships but also plays a key role in personal well-being (for example by aiding in stress and anxiety management) and professional well-being (for instance, by boosting motivation to take on new challenges).

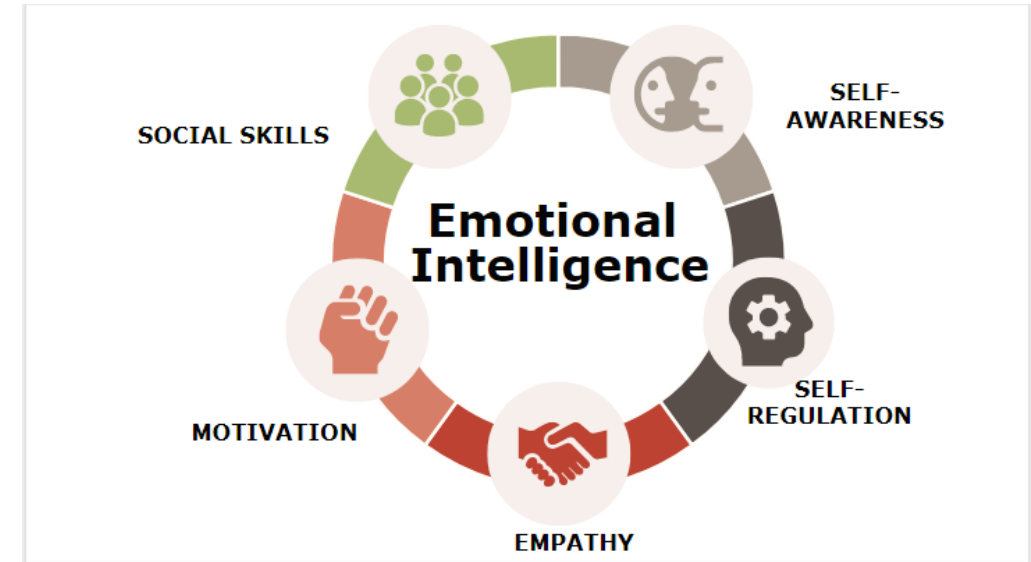


Image Source: ICS Career GPS ([link](#))

Short Reads

[Elevating Well-Being Through Emotional Intelligence](#) (~ 5 min.)

[You Can Increase Your Emotional Intelligence in 3 Simple Steps - Here's How](#) (~ 7 min.)

[Why Emotional Intelligence Is Important in Leadership](#) (~ 5 min.)

Skill Development for Personal and Professional Life

Techniques for Personal Life

Self-Awareness Practices: Regularly reflect on your interactions to identify areas for improvement in empathy, communication, or cultural sensitivity.

Relationship-Building: Cultivate stronger connections with family and friends through active listening and showing appreciation.

Conflict Management: Use constructive communication techniques to address disagreements respectfully and find win-win solutions.

Cultural Curiosity: Explore different cultural practices through reading, travel, or attending community events to deepen your understanding and appreciation of diversity.

Techniques for Professional Life

Teamwork: Foster inclusive collaboration by valuing different perspectives and adapting communication styles to suit team members' preferences.

Leadership: Lead with emotional intelligence, showing empathy, adaptability, and the ability to manage emotions under pressure.

Diversity and Inclusion: Promote equity and respect for diverse cultural backgrounds in the workplace by advocating for inclusive policies and practices.

Global Competence: Build cultural competence to engage effectively with clients, partners, or colleagues from different parts of the world.

Long-Term Benefits

Personal Benefits: Improved mental health, stronger personal relationships, and enhanced self-confidence in social settings.

Professional Benefits: Greater employability, career advancement, and the ability to navigate complex, multicultural work environments effectively.

Societal Impact: By practicing these skills, you contribute to creating a more empathetic, inclusive, and cohesive society.

Disclaimer: The items listed are examples and not an exhaustive or definitive list. They are intended to offer guidance and inspiration for personal and professional development. Individuals and organizations are encouraged to explore additional areas that align with their unique goals, interests, and circumstances.

Sources and Further Recommended Readings (I/II)

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