Strengths:

What you contribute to improve outcomes for those you are serving

**Language proficiency** – a bridge for monolingual Spanish-speaking Asylum Seekers and monolingual English-speaking Staff

**Cross-cultural communication** – beyond language, you provide a strong cultural awareness to communication both verbal and non-verbal

**Cultural knowledge** – Without biases and assumptions you are able to be a natural helper when it comes to cross-cultural communication

**Bicultural abilities** – navigating cultural environments both for the culture the Asylum Seekers are coming from and the one they are entering

https://techtransfercenters.org/southern-border-resources
Stressors and Opportunities:

Normalizing what you are experiencing and taking a moment for self-care

More Resources

https://techtransfercenters.org/southern-border-resources