

Elements

Actions

Definitions

Express Care



Show me that I matter to you.

Be dependable
Listen
Believe in me
Be warm
Encourage

- Be someone I can trust.
- Really pay attention when we are together.
- Make me feel known and valued.
- Show me you enjoy being with me.
- Praise me for my efforts and achievements.

Challenge Growth



Push me to keep getting better.

Expect my best
Stretch
Hold me accountable
Reflect on failures

- Expect me to live up to my potential.
- Push me to go further.
- Insist I take responsibility for my actions.
- Help me learn from mistakes and setbacks.

Provide Support



Help me complete tasks and achieve goals.

Navigate
Empower
Advocate
Set boundaries

- Guide me through hard situations and systems.
- Build my confidence to take charge of my life.
- Defend me when I need it.
- Put in place limits to keep me on track.

Share Power



Treat me with respect and give me a say.

Respect me
Include me
Collaborate
Let me lead

- Take me seriously and treat me fairly.
- Involve me in decisions that affect me.
- Work with me to solve problems and reach goals.
- Create opportunities for me to take action and lead.

Expand Possibilities



Connect me with people and places that broaden my horizon.

Inspire
Broaden Horizons
Connect

- Inspire me to see possibilities for my future.
- Expose me to new ideas, experiences, and places.
- Introduce me to more people who can help me grow.