



Session 6: Skill of Encouragement, Power of Unity

E-Course/Mini-Poster



We are all in this together. What I offer to others, I strengthen in myself.

Basic noticing:

“You did it! You (describe without judgment) .”

Noticing to encourage helpfulness:

“You (describe action without judgment) so (describe the impact on others) .”

That was (helpful, kind, loving, etc.) .”

Examples:

- You did it! You jumped on one foot like this (demonstrate)!
- You put the books on the shelf so the floor would be clean. That was helpful!
- You saw Jay drop his pencil and you picked it up so he could finish writing. That was kind!



You did it!

My personal commitment:

I am going to _____