

PRO-ACTIVE STRATEGIES



Rapport

- being interested & engaged
- takes time & patience
- takes courage at times

Boundaries



- helps us practice self-care
- acknowledges our needs
- models this for others



Expectations

- helps us maintain a sense of ease
- avoid power struggles & being "right"
- allows for more creative decision making



Flexibility

- lays out what works and what doesn't work
- supports clear expectations
- important at 3 levels - organization, program & activity