A panoramic view of Rio de Janeiro, Brazil, featuring the Christ the Redeemer statue on Corcovado Mountain. The city's dense urban landscape is visible in the foreground, with the bay and distant mountains in the background. The sky is a clear, deep blue.

Watch Your Power

Authority and Responsibility is Power
Everyone has a Relationship to Power

Be Aware of Your Parent Ego State

When adults perceive you coming on as a parent they react:
Defensive, Rebellious, Uncooperative, Resentful, Angry



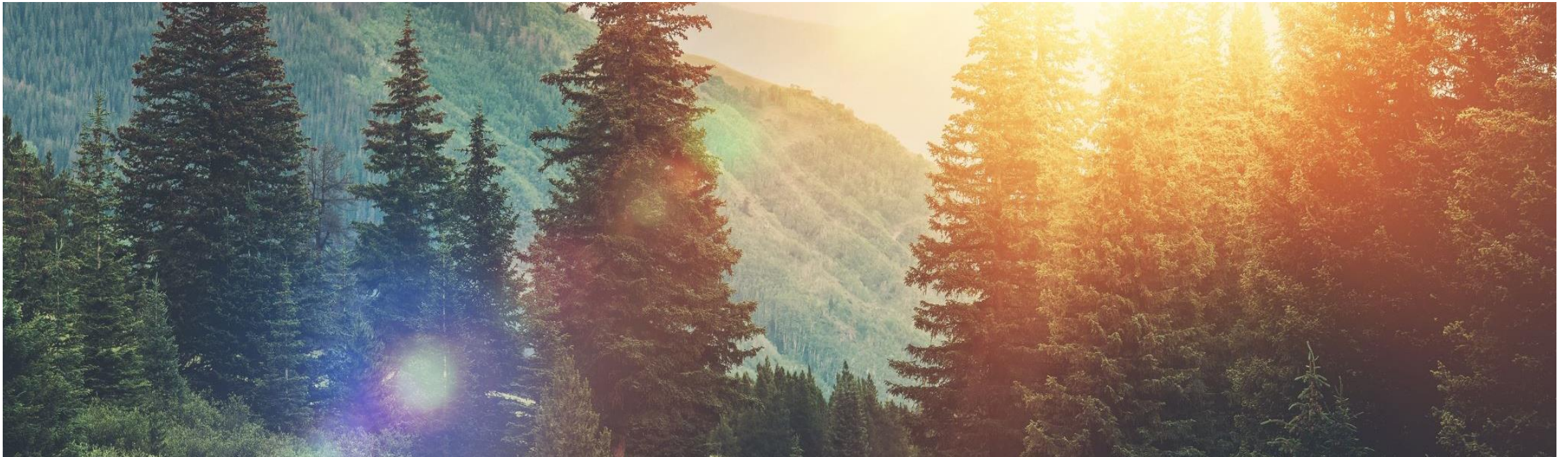
A scenic mountain landscape with a dirt road, evergreen trees, and a bright sun in the sky. The sun is positioned in the upper right, creating a strong lens flare and illuminating the scene with a warm, golden light. The mountains in the background are covered in dense evergreen forests, and the foreground shows a dirt road winding through a valley with more trees and greenery.

Handling Backlash and Criticism

Lack of Understanding = Suspicion
Suspicion = Anger/Criticism/Backlash
Understanding = Acceptance

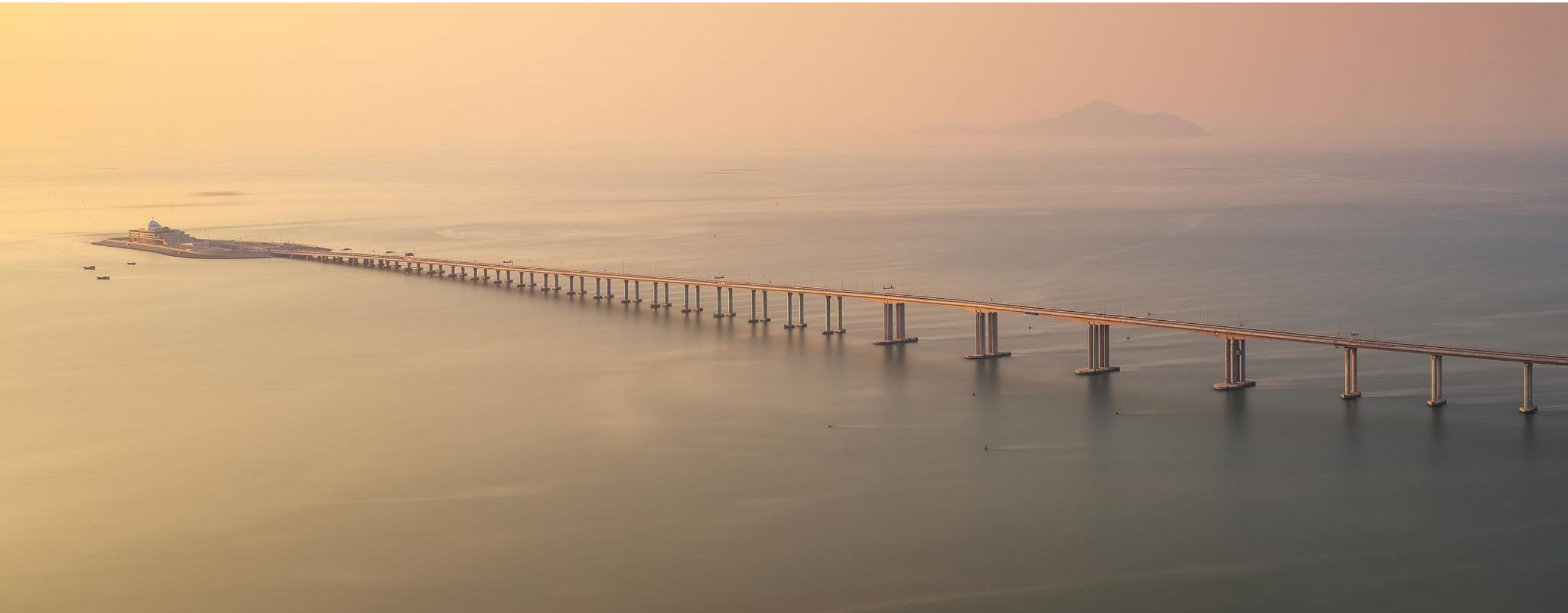
Educate, Provide Rationale for Decisions, Be Transparent

- Promote Understanding
- Invite Perspectives and Listen



Manage Expectations from the Beginning

People will fill in the blanks, make the story up
It's not personal, not emotional, we are on the same side
People want to be in the loop, included, put in your shoes



An aerial photograph showing a winding asphalt road that curves through a dense forest of trees with vibrant autumn foliage in shades of orange, red, and brown. To the left of the road, a calm lake with a light greenish-blue hue is visible. The overall scene is serene and scenic.

Communication and Connection is the Relationship

Listen + Validate = Feeling Respected

Judgement, Blame, Demands = Disconnection

Difficult people? Ask Questions Seek to Understand

Why do you think that?

Tell me more about that?

I want to understand your opinion.



Do Feedback Well
It Can be an Opportunity to Connect

State your Intention
to Support



A sea turtle is swimming in clear, turquoise water. The turtle is positioned on the left side of the frame, moving towards the right. Its shell is a mix of brown and green, with distinct scutes. The water is bright and clear, with sunlight filtering through from the top. Below the turtle, the sandy ocean floor is visible, with gentle ripples and shadows. The overall scene is peaceful and serene.

Take Care of Yourself Unplug

Understand Your Stress

Know Your Brain Body Connection