






5 Elements & 20 Actions of Quality Relationships

Elements	Actions	Definitions
<p>Express Care</p>  <p>Show me that I matter to you.</p>	<p>Be dependable</p> <p>Listen</p> <p>Believe in me</p> <p>Be warm</p> <p>Encourage</p>	<ul style="list-style-type: none"> • 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.
<p>Challenge Growth</p>  <p>Push me to keep getting better.</p>	<p>Expect my best</p> <p>Stretch</p> <p>Hold me accountable</p> <p>Reflect on failures</p>	<ul style="list-style-type: none"> • 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.
<p>Provide Support</p>  <p>Help me complete tasks and achieve goals.</p>	<p>Navigate</p> <p>Empower</p> <p>Advocate</p> <p>Set boundaries</p>	<ul style="list-style-type: none"> • 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.
<p>Share Power</p>  <p>Treat me with respect and give me a say.</p>	<p>Respect me</p> <p>Include me</p> <p>Collaborate</p> <p>Let me lead</p>	<ul style="list-style-type: none"> • 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.
<p>Expand Possibilities</p>  <p>Connect me with people and places that broaden my horizon.</p>	<p>Inspire</p> <p>Broaden Horizons</p> <p>Connect</p>	<ul style="list-style-type: none"> • 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.