

BREATHE Method



B Breathe slowly, deeply, intentionally

R Respectful language

E Empathize with the feelings

A Assure and affirm when possible

T Tone is calm, controlled - volume soft

H Hold- Wait to respond, resist fast responses

E Escape when necessary

The bird which flaps its wings too much will drop its feathers.

~ KENYAN PROVERB

Active Listening



- 1** Pay Attention
- 2** Demonstrate You're Engaged
- 3** Withhold Judgement
- 4** Ask Clarifying Questions
- 5** Reflect and Summarize

Follow the river and find the sea.

~ ZAMBIAN PROVERB