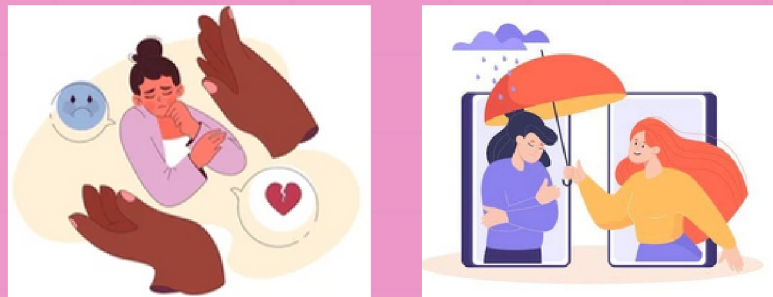


VALIDATION AND SUPPORT



WHAT DOES IT MEAN?



- being genuine
- embracing and showing vulnerability
- creating a meaningful connection

UNDERSTANDING EMOTION



LISTENING AND OBSERVING



CONNECTION

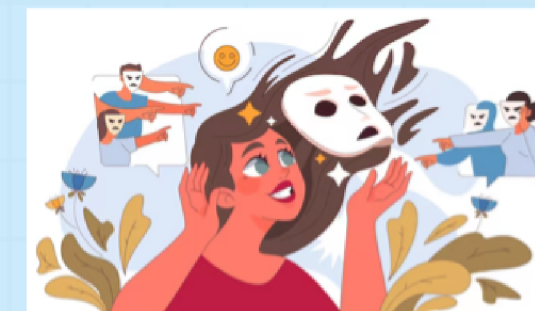
EMPATHY

AUTHENTICITY

TRUST AND RELIABILITY



JOURNEY



- self-awareness
- self-acceptance
- being courageous