RC Competency	
Practice Mindful Presence	
Use Reflective Listening	
Relate and Use Empathy	
Get Agreement	
Ask for and Affirm Strengths	
Ask Permission & Ask Open Ended Questions	
Provide Choices	
Use Recovery and Empowering Language	
Envisioning	
Building Resilience	
Planning Action	
Sharing Feedback & Adapt	

Examples of How Used	