

RC Competency	Examples of How Used
Practice Mindful Presence <i>(Presencing)</i>	
Use Reflective Listening <i>(Presencing)</i>	
Relate and Use Empathy <i>(Relating)</i>	
Get Agreement <i>(Empowering)</i>	
Ask for and Affirm Strengths <i>(Empowering)</i>	
Ask Permission & Ask Open Ended Questions <i>(Empowering)</i>	
Provide Choices <i>(Empowering)</i>	
Use Recovery and Empowering Language <i>(Empowering)</i>	

<b>Envisioning</b>	
<b>Building Resilience</b>	
<b>Planning Action</b>	
<b>Sharing Feedback &amp; Adapt</b>	

Praise: \_\_\_\_\_

Enhance: \_\_\_\_\_

Praise: \_\_\_\_\_