

Build strong relationships

We can develop strong, energizing connections by practicing AVEC: attention, vulnerability, empathy, and compassion.

What each element looks like in practice



Attention

Turning toward the other person literally and figuratively and listening deeply without judgment, distraction, or the desire to respond.



Vulnerability

Being your authentic self, even if it feels outside of your comfort zone. Acknowledging the role you played in a situation or the assumptions you made, even if you are not proud of them. Sharing honestly how the actions of others affected you.



Empathy

Understanding and identifying with the emotions and perspectives that others, based on what they share with you.



Compassion

Demonstrating concern with an intent to be helpful. Checking in with individuals to see how they are doing and investing the time to respond in a meaningful way.