



ASK YOURSELF

- How do I let my colleagues know that I care about their successes?
- How do I let them know that I am here to support as well as challenge them?
- What are my own preferences for receiving messages of care from others?
- Am I careful to display care for those who are not similar to me, as well as to those who are?

ASK YOUR GROUP MEMBERS

- What does “care” mean to you?
- How do you know when someone cares about you or something you’ve done? Describe a time in the last six months when you felt cared about.
- Will you tell me how you are doing or feeling? Or would you prefer that I ask?
- How do you show other members of our group that you care about them?
- How can we set each other up for success?
- What are some things we could be doing to increase the feeling of “care” among our group?
- What are some behaviors that demonstrate a lack of caring?

SOME BEST PRACTICES

- Take the time to learn how each member of your group prefers to receive expressions of care.
- Acknowledge important life milestones of your colleagues in a manner that is consistent with your style and the preferences of the individual.
- Say “hello.” Really.
- Ask, “How can I help you?”