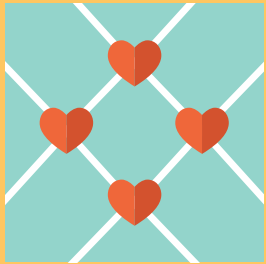


UNIT 13

# Establish Networks of Care



TOOL 1

Examine Yourself Before Jumping Into Action

**You are an agent of change from any social position and identity.**



Take a moment to reflect on the social roles with which you most frequently identify, bearing in mind that we all take different roles in different contexts.

Reflect on the Following Questions



Which role(s) did you choose that you felt most comfortable and natural playing, and why?



What is the impact of playing the roles that you do on both you and the community around you? Are the roles draining or nourishing?

Which roles do you feel you have the most confidence and power in? Which roles do you want to challenge yourself to take on more often?



REFLECTION QUESTIONS



1. How do you think you can improve your communication skills?



2. How do you think you can improve your listening skills?