

COURAGEOUS CONVERSATIONS

PONO, TIKA, AROHA

I would like to talk to you about ...(what – in neutral, non-judgmental terms)

AROHA | PONO – Stating your reality, situation, viewpoint, thoughts and feelings

AROHA | PONO – Identifying their reality, situation, viewpoint, thoughts and feelings (check in with them by asking questions)

TIKA – What will we do moving forward (process | actions)

AROHA – Ensure the Mauri and Mana of both parties are strengthened



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