

## Reflect on your partnerships with professionals

Name

Date

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### Instructions

Answer the questions below to reflect on experiences you have had when working with professionals.

1. Of all of the professionals with whom you have interacted (physician, dentist, nurse, counselor, teacher, principal, coach, etc.), think of the one professional who stands out in your mind with whom you had a trusting relationship.

a. What did the professional do to develop an initial friendly relationship?

b. What did the professional do that enabled you to share in decision-making?

c. What did the professional do to address a challenging issue with you in a way that had a positive outcome?

Activity 4.3a

2. Now, reflect on professionals with whom you have interacted, but this time think of a professional relationship that you might characterize as lacking trust. Think carefully about the various dimensions that contributed to this unsatisfactory outcome.

a. What did the professional do at the beginning of the relationship?

b. How would you characterize the way the professional involved you in shared decision-making?

c. How did the professional address a challenging issue with you?

## Activity 4.3a

3. Based on your reflections on these two very different relationships you had with professionals, what three major points do you want to incorporate into your own professional practice in order to build on strengths related to developing trusting partnerships and effectively dealing with challenges?

### Hints