

- **Relationship orientation.** Characterized by an empathic stance—approachable, non-judgmental, curious, interested in the experiences and feelings of others, as well as the impact of your own behavior on others. Demonstrate integrity in interactions and broader areas of life. “People with a relatively disciplined, mature, full spiritual life; flexibility with self and others; an experimental and exploratory stance.”
- **Openness.** Openness is the *receiving* half of any communication, listening. Involves learning to seek and listen to feedback. Focused on genuine understanding of the other person. Requires suspending your own beliefs, judgments, and need to be “right” and focusing attention on the speaker to improve your understanding. Active listening.
- **Candor.** Candor is the *sending* half of any communication. Being willing to tell the whole truth, without withholding. Being willing to share your feelings and experiences in the present moment, while taking responsibility for those feelings and experiences being your own. Recognizing the value in your view—and being willing to share it, advocate for it, and influence the system—while accepting that you don’t possess the entire picture and that there are other valid perspectives and possibilities.

