

ASSESSMENTS

The assessments provided in the toolkit were created by the authors for the purpose of self-reflection, identification of growth opportunities, and application of the **Health-Promoting Relationships Paradigm** to organizations and systems. They are not validated screening tools. We encourage you to re-visit the assessments over time to monitor change and to continue to identify new opportunities for enhancement.

SELF-ASSESSMENT: FACILITATORS OF CONNECTION

The following brief assessment offers opportunities for self-reflection and planning to strengthen one’s connection abilities within oneself. Using the Facilitators of Connection table from your toolkit to understand the full definition and characteristics associated with each facilitator, identify the facilitators you feel you are strong at as well as those you may need to work on. Think specifically about the context of building health-promoting relationships with the youth in your life. For facilitators you may need more time with, identify at least one specific way you will focus on applying or strengthening your skills with this facilitator in your encounters with youth.

FACILITATOR	STRONG	NEEDS WORK	OPPORTUNITIES TO DEVELOP
AUTHENTIC	☐	☐	
CARING	☐	☐	
EMPATHETIC	☐	☐	
FULLY PRESENT	☐	☐	
HONEST	☐	☐	
HUMBLE	☐	☐	
KIND	☐	☐	
LOVING	☐	☐	
NONJUDGMENTAL	☐	☐	
NURTURING	☐	☐	
PATIENT	☐	☐	
RESPECTFUL	☐	☐	
SELF-AWARE	☐	☐	
SELF-ACCEPTING	☐	☐	
SELF-ALIGNED	☐	☐	
VULNERABLE	☐	☐	