Our communities and relationships are strengthened when we show up for each other.
Empathy is a skill that can be developed to overcome judgment and strengthen our connection and deepen our understanding of each other.
People are at their best when their authentic selves are able to opt into activities and situations that are safe and enjoyable.
In healthy relationships and communities, power is shared freely because everyone is capable of leadership. Sharing of power is a liberatory practice that can undo historical harm and prevent future harm.
Authenticity is our ability to be our whole selves and our ability to be able to explore and express versions of ourselves without fear.
Breakups can be painful and uncomfortable – sometimes it is the healthiest option for the wellbeing of people in relationships.
We can intentionally reduce our harm to others through reflection and being mindful of each other’s and our own needs.
Moments of conflict are opportunities to collaborate and lean into creativity for solutions that build trust and confidence in each other.