

6 Pillars of a Brave Space

**Perspective
Taking**

Listen to
understand not
to respond.

**Lean into
Fear**

Use fear to
propel us into
learning and
move us in the
direction of
growth and
change.

**Critical
Thinking**

Remain open to
questioning and
being questioned
in the pursuit of
mutual
understanding
and personal
growth.

**Examine
Intentions**

Asking ourselves
what we think
someone's
intentions were
with what
they've shared

Vulnerability

Sharing about
your experiences
within your
boundaries and
only what you're
comfortable
with.

Mindfulness

Continually
checking in with
yourself.