

HOLDING SPACE

& how to do it better

Do your best Golden Retriever Impersonation

- Stop what you are doing
- Get close
- Offer your full attention
- Make appropriate (consensual) physical contact
- Do not negate your own needs!

Have a few phrases in your 'back pocket'

- "I'm so glad you're here"
- "That must be hard"
- "There are no words for this"

Beware the 'at least!'

For further reading, I suggest Heather Plett's book [The Art of Holding Space](#)

Here is the blog post that launched it all - it's a great resource to email & share