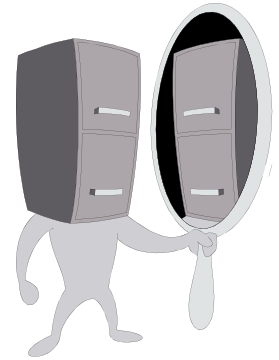


## Valuable Ways of Being

1. Tro? ne^ n co' trach' nhie^ m. cho su. tao.  
ne^ n gia' tri. cho chinh' ban?  
tha^ n minh` va` nguoi` khac'

*Be responsible for creating value for myself and others.*



2. Lam` cho an toan` cho mo^ i? nguoi` khac' va` cho chinh' ban? tha^ n minh` mo^ t. cach' to^ n trong. kin' dao'.

*Make it safe for each other and myself.*

3. *Be present – stay in the game.*

4. Lam` cho chinh' ban? tha^ n minh` mot. cach' nhe. nhang` .

*Take myself lightly.*

5. Tuye^ n bo^ o? do' kho^ ng co' gi` xai hay hu hai., o? da^ y va` ba^ y gio`

*Declare that there is nothing wrong or broken – here and now.*

6. Tuye^ n b^ o' mo^ i? nguoi` thi` gop' pha^ n` la` hop. ly' va` co' gia' tri.

*Declare that each person's contributions are valid and valuable.*

Lang' nghe va` noi' mo^t. cach' ti? mi?  
**Exploration Listening and Speaking**

7. Lang' nghe nhung? gi` moi' me?. co^' y' hieu? mo^t. cach' tha^n. trong.

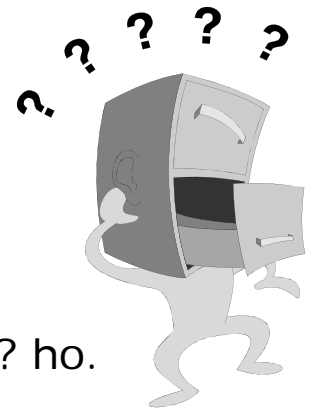
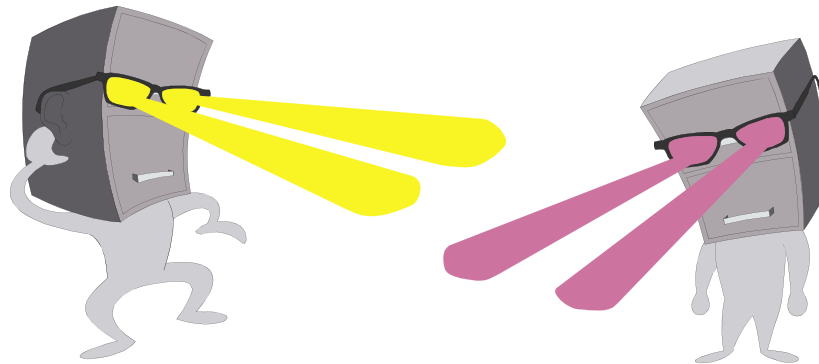
*Listen newly, be intentionally slow to understand.*

8. Lam` chu? su. nha^n. thuc' va` tham gia cua? minh` de? dung` trinh` bay` quan die^m? cua? minh` .

*Own my perception and my participation, use "I" statements.*

9. Co^' y' hie^u? su. tha^t. cua? minh` , cua? ho. va` cua? chung' ta.

*Explore truths – mine, theirs and ours.*



10. *Confront and deal with the real issues.*

11. *Be direct, and sensitive.*

12. Tro? ne^n co' trach' nhie^m., nghe theo su. huong' da^n? va` bie^u? lo^ . su. tho^ng cam?.

*Be responsible for what gets heard.*

