



Holding Space...


Many ideas/teachings taken from a blog from Heather Plett, adapted and added to by Tulalip Community Health staff members.



What does 'Holding Space' mean...


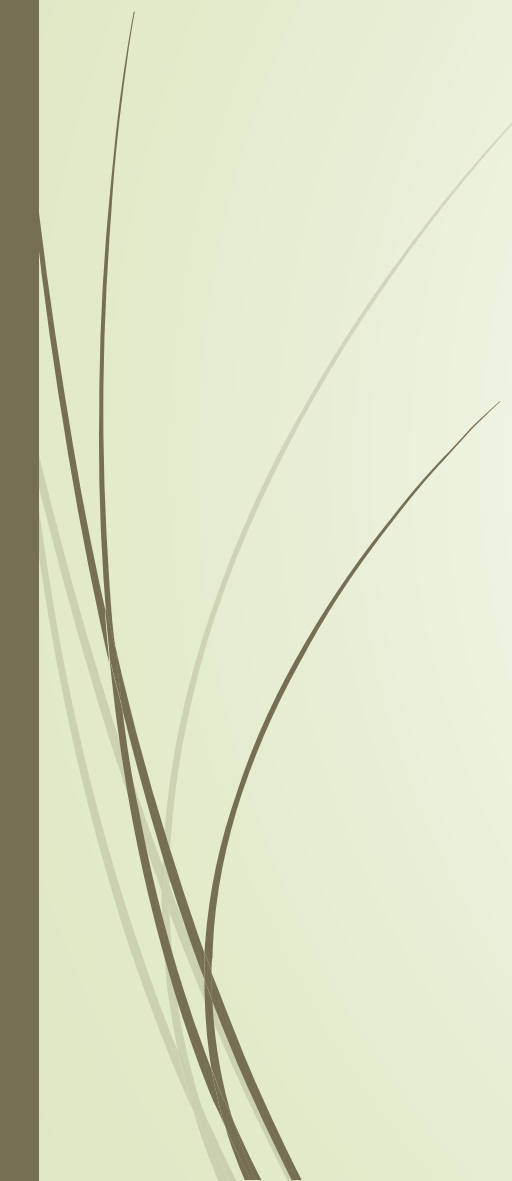
It means that we are willing to walk alongside another person...

- ▶ In whatever journey they're on
- ▶ Without judging them
- ▶ Without making them feel inadequate
- ▶ Without trying to fix them
- ▶ Without trying to impact the outcome.
- ▶ When we hold space for other people, we open our hearts, offer unconditional support, and let go of judgement and control



How do I know if I am 'holding space' for someone?

- ▶ Are you giving them permission to trust themselves? Their own intuition and wisdom?
- ▶ Are you giving them only as much information as they can handle or they have asked for?
- ▶ Are you keeping your own ego out of it?
- ▶ Are you giving guidance and help with humility and thoughtfulness?
- ▶ Do they feel safe enough to fail?
- ▶ Are you allowing them to make different decisions and to have different experiences than you would?
- ▶ Have you empowered them? Made sure you didn't take their power away?

- 
- 
- ▶ Holding space for another person is incredibly profound
 - ▶ When you hold space for someone, you bring your entire presence to them
 - ▶ You walk along with them without judgment, sharing their journey to an unknown destination. Yet you're completely willing to end up wherever they need to go
 - ▶ You give your heart, let go of control, and offer unconditional support
 - ▶ And when they move on they're carrying a gift from you that they then can offer to others