

Healthy Cities Tutor Training

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EMPATHY



Understanding how someone is feeling because you've felt the same way or you are willing to feel how they are feeling

Empathy skills are key for having deep connected relationships

Deep connected relationships equal happiness

Deep Connected Relationships



Take time to connect

Play catch, cards, board
games

Go for a walk

Ask questions

and

really listen

Growth vs. Fixed Mindset

The power of YET...

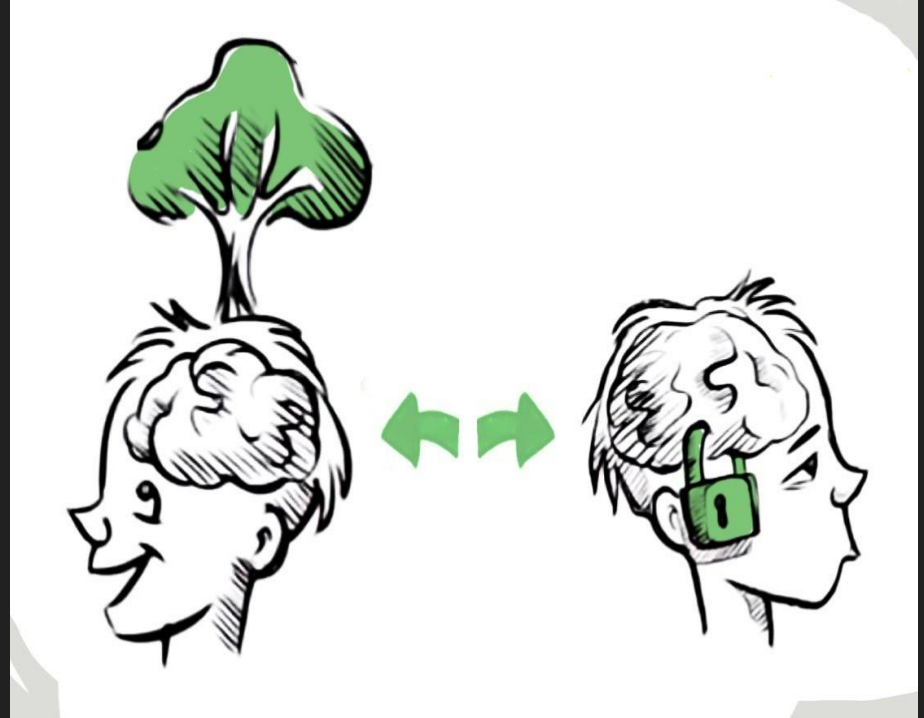
I'm not good at taking tests...

I'm not good at math....

I don't understand this...

I don't have friends....

YET!



Focus on Effort



Fail Forward



The only
guarantee
for failure
is to stop
trying.

John C Maxwell

Celebrate wrong
answers, failures,
mistakes because we
learn the most when
we fail and then
learn the correct
way, answer, etc.
Never give up!



PATIENCE

YOU MUST HAVE

Thank you for making
a positive difference
in a child's life!