



SHOW UP HARD

CREATING A CONTAINER

MEDIUMS

Where are you available?

(In person, email, coffee shop, social media, park, home, etc.)

TOPICS

Are there off-limits topics? Triggering scenarios you will avoid?
Legal or ethical considerations?

TIME

When and for how long are you available?

(24/7, by appointment, one time, weekly, days, or years)

RESOURCES

What personal, community-based, or work-based resources can be offered?