

Supporting Parents in Public: *The Wakanheza Project*

Implementation Worksheet

Location: Where do stressful situations happen in your organization or in your life?

Situation: List an example of a difficult or stressful situation that might occur in this location.

Relationships: Who might be involved in this situation?

Principles

Now that you have described the situation and the relationships of the people involved, look at how the Wakanheza principles might apply.

Judgment: Who in this situation might be feeling judged? Why?

Culture: Are there any cultural factors that might be contributing to this stressful situation?

Powerlessness: Who in this situation might be feeling powerless? Why?

Environment: How is the environment either contributing to or detracting from the stress of the situation?

Empathy: Who in this situation can you empathize with? How can you show that empathy?

Helping Out:

Write down three ways you can help out in the situation you have described above. Add any helpful changes you might make to the environment.