

Creating a Container

Mediums

Where are you available? (in person, email, office, coffee shop, social media, park, home, etc.)

Time

When and for how long are you available? (24/7, by appointment, one time, weekly, days or years)

Topic

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

Resources

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