



## EmC Core Values

1. We value our need for attachment with each other.
2. We value our need for emotional connection and support.
3. We value tuning into our emotions so that we can be clear on our needs.
4. We value reaching out to each other in a way that pulls us close.
5. When in need, we value accepting each other's care and support.
6. We value emotional balance. Doing so makes us stronger. It makes us feel better about ourselves. It reassures us that we can explore the world and take risks. It provides us with the environment for us to thrive.



EMC LEADERS



## EmC Core Values & Commitment





## Our Commitment to Emotional Connection

*As a team member, I strive:*

- To meet you where you are at the moment and use the language of emotions, so that I can be accessible and responsive to hear yours.
- To honor your feelings as they are and maintain our connection by being emotionally present.
- To acknowledge and affirm your courage and strength when you share your emotions, fears, and needs, and support you in moments of stress.



- To practice sharing my emotions, fears, and needs with you so that we can create bonding moments.
- To remember that at times when we struggle or feel hurt, to accept care and support when others take the risk of offering it.
- To acknowledge that our relationship is important and to repair and restore our connection is key to creating an environment where we can thrive.

