

I need

Think about anything that could help you out right now. You may want to think big, not just about practical things. These questions might help:

- What kind of support would make it easier for me to take the next step?
- Where do I wish for more clarity, feedback, or encouragement?
- What have I never said out loud before – but feel brave enough to share today?



New learning often begins when we dare to ask a question we've been avoiding.

I can give

Think beyond the obvious about your abilities, experiences or resources that might help others:

- What shift in perspective might be valuable for someone else?
- What experience have I had that could inspire or encourage someone?
- What could I offer, even if it feels completely natural or obvious to me?



What feels obvious to us is often exactly the spark someone else needs.