



CULTURE OF GENTLENESS - TEST

1. The purpose of our presence in the lives of others is to nurture, teach and sustain the experience of companionship connectedness and community
☒ True ☐ False
2. Which of the following are examples of lessening a demand on another?
 - a. Ask permission.
 - b. Respect the Person's sense of space.
 - c. Speak softly.
 - d. Make your presence welcoming and non-threatening.
 - ☒ e. All of the above.
3. One way to help ease a transition period for an individual, is to be very strict with your demands, and stay to your plan of action, regardless of what the consumer wants.
☐ True ☒ False
4. Examples of positive interactions with another person would be;
 - a. Spending time with another person without creating demands on them.
 - b. Listening without judgement.
 - c. Being supportive to another in their difficult time.
 - ☒ d. All of the above.
5. One of the pillars of the culture of gentleness is to help a person feel loved and valued.
☒ True ☐ False
6. The use of structure and schedule boards can reduce the demands on an individual, that contribute to them feeling unsafe.
☒ True ☐ False

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Job Title/Job Site Coster

Presenting Supervisor/Instructor Leah Mills L&D Trainer Date: 12/9/21