Tips on Developing Empowerment Through Relationships

Communicate effectively and encourage collaboration.
- Share all information among all stakeholders
- Promote and encourage teamwork

Determine individual team member strengths.
- Recognize individual strengths
- Use strengths to your advantage & empower others

Ensure proper patient education and quality care.
- Provide patient-centered care
- Patient education allows for patients to make informed decisions regarding their treatment plan

Ensure a safe working environment.
- Look for guidance and clarification when needed
- Ask for assistance and use clinical judgement

Demonstrate a therapeutic relationship.
- Use of therapeutic communication
- Build rapport with patient & develop trust
- Patient autonomy

Provide a respectful environment.
- Be open minded and provide support
- Acknowledge others’ perspectives, beliefs and opinions

Reflect.
- Reflect on your practice
- Reflect on power imbalances