

# CARING CONVERSATIONS FRAMEWORK

## **CELEBRATING**

Noticing when someone says or does something that moves you, and taking the time to let them know what exactly it was that made an impact, however small.

## **BECOMING COURAGEOUS**

Reminding ourselves of what we do know (or feels solid) to support us in situations that feel uneasy or unknown.

## **CONNECTING EMOTIONALLY**

Giving due credit to our own and others' emotions, and holding back from moving on too quickly from what is being felt.

## **BECOMING CURIOUS**

Being committed to wondering & exploring with others, that goes beyond collecting information or a quick quest for the facts.

## **CONSIDERING OTHER PERSPECTIVES**

Stretching our ideas about the people we could involve, and the methods we might use, to gather different perspectives and opinions.

## **COLLABORATING**

Creating a sense of being in it together, through believing the best of others, and bringing the best of ourselves

## **COMPROMISING**

Being willing to make some adjustments, that might go beyond the obvious options, to open up room to find a way forward together.

## **Caring Conversations- The 'how' we bring Appreciative Inquiry Alive**

The Caring Conversations Framework was developed from extensive research carried out in an acute older adult ward in 2008 (Dewar, 2011). This model offers a framework which gives tangible ways of engaging with others, which can help bring the Appreciative Inquiry way of being alive.

The Caring Conversations Framework is made up of 7 C's:- becoming courageous, celebrating, connecting emotionally, becoming curious, considering other perspectives, collaborating and compromising.

The Caring Conversations Framework invites us to become courageous in bringing ourselves, and being eager to learn about others, in our conversations.

Celebrating within the Caring Conversations focuses on getting specific about the detail of what you valued/ would like to celebrate, and sharing this out loud more often, as well as doing the deep dive into what helped it to happen. Caring Conversations also involves connecting emotionally with ourselves and others, becoming curious rather than reacting out of our judgements or assumptions, collaborating in ways which help to bring the best out in everyone, making room for the perspectives of all involved to be heard and considered, and compromising in order to focus on what is real and possible.