



## Sara Gardner's Description

**What is important to me as a PCT trainer:**

- Making sure people's values are communicated and respected
- Supporting people with different communication and learning styles
- Receiving straightforward feedback
- Giving trainees a path to real-life applications of skills
- Increasing people's self-determination and helping people create and achieve meaningful goals

**What people like and admire about me as a PCT trainer:**

- Good at presenting information in a way that is meaningful and clear
- Responsive to feedback
- Interested and engaged in the experiences of others
- Neurodivergent~ respectful of people with diverse thinking and communication



**How to best support me as a PCT trainer:**

**Speak up if you are unclear about any concept or skill I am presenting**

**Be open to thinking about things from a new perspective**

**Share specific stories and examples from your own experiences**

**Let me know how to support you in engaging with the exercises and materials**