THRIVE CENTER for Children, Families, and Communities

CENTER OF EXCELLENCE FOR Infant & Early Childhood Mental Health Consultation
Growth. Advancement. Impact.

Build your own consultation workforce.

Coming Back to Curiosity

The pull to know the answer or provide a fix usually comes from caring deeply. It's also worth getting curious about.

When you notice the pull

- What is the pressure I'm feeling right now?
- Where does the pressure seem to be coming from?
- What am I noticing in my body, and what might it be telling me?
- What would knowing or fixing give me in this moment?
- Relief? Feeling useful? A sense of control?



Reconnecting with the Consultative Stance

- Relationships lead.
- I don't have to know.
- I get to wonder.
- The quiet voice is as important as the loudest.
- Curiosity before strategies.
- My expertise lives in my questions.



Self-Reflection

- What helped me stay in the consultative stance?
- What pulled me away?
- Who can I process these insights with? What will I say?

