



Engaged

The Heart of Gentle Teaching

Teaching others to become more engaged is our 4th pillar of GT. In many ways, this is the ultimate goal we hope for the people we support.

Engagement has three main aspects that we help people realize in their own lives. We are teaching people to:

1. **Become more engaged with us:** We help people learn that it is not only safe, but also beneficial, to do things with us. Our goal is for them to reach a place where they actively reach out and seek ways to engage with us throughout their days.
2. **Become more engaged in their community:** In this phase, we assist people in learning the value of, and the practical steps for, becoming more active members of their community. This could involve their own home, their roommates, or ideally, the broader community where they begin to find joy and value in meaningful connections and activities.
3. **Become self-actualized:** The pinnacle of engagement is when people realize their full potential and take true ownership of their life journey. In this phase, we aim to see people recognize their own life goals and take the reins of their own path.

What Did John Say?

“Human engagement involves the gradual development of a sense of active participation, both as a companion with others and as a member of a community. It is the feeling of becoming an active participant in community life. It is not self-centered, but a shared understanding that ‘we are somebody’ because we are together, working to form a better community. Its initial expression is found in the simple act of reaching out to others and inviting them into one’s life.”



Q1

What phase of engagement are those we support currently at?

Which phase can we as a team specifically work toward for those we support?



Q2



Q3

What are specific ways can we teach this?

Connecting to Our Purpose

Nurturing, teaching, and sustaining connectedness, companionship, and community directly support the three phases of engagement.

- **Becoming More Engaged with Us:** Creating a safe, supportive environment fosters trust and helps individuals realize that engaging with us is both beneficial and enriching. This sense of connectedness encourages people to actively reach out **and engage with us throughout their days.**
- **Becoming More Engaged in Their Community:** Once individuals feel confident in their relationships, they begin to extend this connection to the broader community. We teach them the value of meaningful interactions and guide them to actively participate, building a sense of belonging and purpose.
- **Becoming Self-Actualized:** Sustained connectedness provides the foundation for self-actualization. As individuals grow in their relationships and community involvement, they gain the confidence to pursue their personal goals and take ownership of their life journey.