



Words of Wisdom and Lessons Learned *From Peer Advocates, for Peer Advocates*

CORE Training - January 2021

- Think ahead.
- Take care of yourself.
- Don't take anything personally.
- Be with people where they are.
- Your job is not to protect the agency, but to support families.
- Have the patience needed to triumph.
- Support! Put together a support team that can support you around your vision for parents.
- Communication is key.
- Don't worry about the result, worry about the action -- keep advocating and give it your best.
- Wake up with gratitude.
- Remain level-headed.
- Validate parents' experiences.
- Listen. Put your attention on listening.
- Sometimes you have to go through the unnecessary to realize how necessary you are.