**Practice Guideline on Communication and Collaboration**

**Pause and Reflect**

Take a moment to reflect on the profession’s core set of beliefs and values and your current communication strategies and skills.

* **How do you demonstrate care, respect, trust and integrity when communicating with others?**

[Insert your answer]

* **Are there some skills that you’re better at demonstrating than others? Why do you think this might be?**

[Insert your answer]

* **How might you be able to strengthen each ethical value in your communication?**

[Insert your answer]

* **How do you support others in demonstrating care, respect, trust and integrity when communicating?**

[Insert your answer]

* **Additional insights / reflections / comments:**

[Insert your answer]