

Meeting Participant Needs

Before or at your next meeting, you can use this table as a guide to anticipate and identify needs of your participants and think through what you can do to prevent difficult behavior or address it in the moment. Ask yourself 'what can I do proactively to meet these needs?' or, if you have a difficult behavior in your hands, ask 'what might they be missing?' and 'how can I help them to meet these needs?'

CORE NEEDS	PREVENTION	INTERVENTION
Being/Feeling...	How can I help to proactively meet these needs?	What might this person be missing? How can I help them to meet these needs?
...Safe		
...Seen or Heard		
...Validated		
...Included/ Involved		
...Appreciated/ Respected/ Valued		
...Useful		
...Recognized/ Rewarded		
...Empowered		

Most common needs. Prioritize these!

