



Teach Them How To Fish

There's a saying: ***Give a man a fish, and you feed him for a day. Teach a man to fish, and you feed him for a lifetime.***

I love this quote because it beautifully describes empowering someone to help themselves by supporting them rather than rescuing them. Give a man a fish and you rescue him for a day, teach a man to fish and you support him for the rest of his life. One way you can support someone is encouraging them to consider how they could help themselves through asking them insightful questions. Rather than say, 'I'll do it for you,' ask them questions such as:

How could you do it? I wonder if there's a way around that? What can you do to make that easier?

Do you know a professional who could help you?

How might you handle that situation differently?

What did you learn from that?

What would you rather do next time?

In this way we empower people rather than keeping them stuck. Not only do we help them overcome their current challenge but by encouraging them to help themselves, we help them to feel confident about managing future challenges too. We become part of the energy of evolving for us all.

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