

B	I	N	G	O
Self-esteem	Active engagement	Conflict resolution	Problem-solving	Honesty
Clarity	Self-confidence	Negotiation skills	Active participation	Self-awareness
Self-respect	Assertive language	FREE	Empathy	Empowerment
Self-assertion	Feedback	Nonverbal cues	Courage	Listening skills
Authenticity	Rapport	Clear communication	Setting boundaries	Collaboration

B	I	N	G	O
Self-respect	Setting boundaries	Active participation	Feedback	Clarity
Problem-solving	Empowerment	Conflict resolution	Listening skills	Assertive language
Empathy	Active engagement	FREE	Courage	Nonverbal cues
Collaboration	Self-esteem	Clear communication	Self-assertion	Authenticity
Honesty	Emotional intelligence	Self-awareness	Negotiation skills	Self-confidence

B	I	N	G	O
Self-assertion	Courage	Self-respect	Collaboration	Problem-solving
Rapport	Self-awareness	Setting boundaries	Feedback	Assertive language
Nonverbal cues	Active participation	FREE	Empathy	Conflict resolution
Emotional intelligence	Honesty	Authenticity	Active engagement	Self-esteem
Self-confidence	Negotiation skills	Empowerment	Listening skills	Clear communication