B	I	N	G	O
Use polite words	without guilt	Patience	Trust	Share Feelings
Good Communication	Use active listening skills	Support	DO not log on during non working days	Thoughtful
Use "I feel" statements	Use positive reinforcement	**FREE**	Express needs calmly	Respect"No"/"STOP"
Saying no to something not in our remit	Understanding	Set clear boundaries	Respect other peoples personal space	Shared Decision making
Respect	Go for lunch break	Take a self-care break	Wait your turn to speak	Honesty

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B	I	N	G	O
Use positive reinforcement	DO not log on during non working days	Trust	Good Communication	Support
Patience	Wait your turn to speak	Share Feelings	Go for lunch break	Thoughtful
Saying no to something not in our remit	Express needs calmly	**FREE**	Respect"No"/"STOP"	without guilt
Respect other peoples personal space	Take a self-care break	Use polite words	Honesty	Understanding
Set clear boundaries	Shared Decision making	Use "I feel" statements	Use active listening skills	Respect

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B	I	N	G	O
Go for lunch break	Take a self-care break	DO not log on during non working days	Shared Decision making	Express needs calmly
Use polite words	Saying no to something not in our remit	Set clear boundaries	Use active listening skills	Share Feelings
Use "I feel" statements	Honesty	**FREE**	Understanding	Respect other peoples personal space
Use positive reinforcement	Thoughtful	Trust	Wait your turn to speak	Patience
Respect"No"/"STOP"	without guilt	Support	Good Communication	Respect

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