Educator behaviours that demonstrate the DAFNE philosophy

* use of Socratic questions
* use of reflection to seek clarification and demonstrate empathy
* acknowledging each members contribution
* trying to avoid saying “no”
* allowing opportunities for reflection
* time to practice new skills and gain feedback
* providing space for DAFNE participants to work things out for themselves (problem solving)
* using active learning methods
* avoiding a high percentage of “educator” talk
* providing options rather than absolute answers
* involving all the participants
* non- judgmental attitudes
* honest, accurate and up to date content
* demonstrating empathy and warmth
* encouraging individuals to set their own goals
* providing support and encouragement
* pace of learning is flexible and fits to the learner
* acknowledging previous experience and expertise
* allowing participants to be responsible for their own learning
* ensuring participants have as much control as possible over the process and decisions made
* non-threatening, relaxed and enjoyable
* positive encouragement of group/individuals
* responds to the group atmosphere