

by offering people security, certainty and trust

“A secure base is a person, place, goal or object that provides a sense of protection and gives a sense of comfort and offers a sense of energy and inspiration to explore...”

George Kohlrieser



1 People - to love, feel love, belong

People want to feel of worth and deserve to exist, turn up, be present, listen beyond the words, commit to the relationship



2 Place - to feel safe & be inspired

Places where a sense of belonging can exist. A place with connection to a cause or a collective that resonates with positive memories



3 Goal -to feel competent & able

Uncover and connect with 'intrinsic' motivators - their personal drive to learn' and/or a desire to contribute to the good of others



4 Object - to find security in things

Identify with 'things' which make people feel safe, that offer familiarity and turn them to a calm state when stressors are about

Read the original Blog Here:

<https://link.medium.com/t6zDYkgBIV>