How to use this resource:

This resource is part of a series on working as allies. It is intended as discussion starter for groups or a think piece for individuals interested in this topic. You may wish to use the following questions when discussing/reflecting on this material.

* What resonates with your experience?
* Which points do you not agree with? Why?
* Which points do not make sense to you?
* What is missing?

Other resources in this series are available at https://awea.org.nz/allies\_resources

**Qualities for being an ally**

* Humility – *being passionately aware that you could be completely wrong.*
* Ability to listen carefully.
* Sense of humour – *not taking yourself too seriously.*
* Patience – *for the long haul of the struggle and for different ways of working.*
* Usefulness – *it’s not about being right or good it’s about being useful.*
* Knowing yourself – *your identity and history.*
* Knowing and acknowledging whose land you are on – *the history of people and place.*
* Groundedness – *inner strength and the ability to stay calm in challenging situations.*
* A thick skin – *the ability to hear criticism constructively. Understanding criticism within the broader context of colonial injustice rather than taking it personally. An understanding that you may be a safe target for understandable rage – develop the ability to hear that rage.*
* Endurance – *messing up, learning, picking up and keeping on.*
* Long-term commitment – *which includes a commitment to personal sustainability and sustainability of relationships.*
* Flexibility – *an ability to go with the flow.*
* Letting go of knowing, of being right, of having the answers – *always being aware of much you do not know.*
* Being open to constant learning – *acting, making mistakes, getting feedback, reflecting, acting. Check your ideas with people who do not always agree with you.*
* Courage – *to act, to take to stand.*
* Critical awareness – *political awareness, strategic thinking.*
* Self-awareness – *knowing your skills and what you can offer, knowing your limits, awareness of not dominating, awareness of power, ability to reflect.*
* Honesty, humility, courage, wisdom, respect, generosity and love – *The Ojibew Seven Grandfather Teachings.*

Note: This is not intended as a check list of abstract concepts-these qualities need to be demonstrated through on-going action in the context of alliances.