

# I.M.P.A.C.T.

"There can be no vulnerability without risk;  
there can be no community without  
vulnerability; there can be no peace,  
and ultimately no life, without community." -  
M. Scott Peck



## What is vulnerability?

Vulnerability is defined as the quality or state of being exposed to the possibility of being attacked or harmed, either physically or emotionally.

## Why is it important?

Vulnerability is often viewed as a weakness as it is often associated with emotions we would prefer to avoid. On the contrary, vulnerability is a strength that requires bravery and trust. Being vulnerable helps to create a safe space for others to share and allows for more meaningful connections. Modeling vulnerability for students allows them to see us as humans with strengths, weaknesses, and resiliency. This creates an opportunity for them to take risks without fear of failure.

