Sample Group Agreements

1. Respect each other and the space

2. Be fully present

3. If you wonder, ask (ask the hard questions)

4. Listen for understanding (while withholding judgment)

5. Support each other's learning

6. Speak your truth equitably (knowing it is only part of the truth)

7. Make it safe to take risks

8. Step up/step back

- If you aren't speaking up much, challenge yourself to step up and offer a thought. If you are speaking a lot, step back to allow someone else to contribute.

10. Listen to your body's music (fidget, grab food, move around or step out if needed)

11. Invite and give gentle reminders (if any of us stray from our agreements)

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