

# Group Agreements

1

**Be respectful**

- L**isten actively
- B**e punctual and present
- S**upport others' space & perspectives
- P**ractice W.A.I.T.

2

**Assume positive intent**

- B**e aware of body language
- N**otice your thinking & the stories you carry
- U**se positive language & tone
- P**ractice open-mindedness
- B**ring energy, calm, respect, & openness
- O**ffer affirmation

3

**Have fun**

- E**njoy appropriate humour
- E**ngage in activities together
- C**onnect with each other outside of work
- J**oin in social activities

4

**Participate fully**

- P**repare in advance (prep work)
- B**e present
- M**inimize distractions
- S**peak up boldly
- P**ractice W.A.I.T.

5

**Lean into discomfort**

- S**how up with willingness
- E**ngage openly
- S**tay present
- A**ct with bravery and courage

