

Group Agreements

1

Have fun!

L laugh
S smile
E engage with each other *in your own way*

2

Be respectful
(Honour confidentiality)

K keep what's in the room in the room (Vegas Rule)
L listen with intention without interrupting
It's okay to disagree: be kind
Support a Brave Space

3

Lean into discomfort

Speak up, participate
Allow yourself to be vulnerable
Embrace "the suck" (sit in it)
Give yourself grace to feel how you feel & others
Own the discomfort - don't deflect/avoid

4

Stay present
(Engage and participate fully)

Maintain eye contact
Avoid outside distractions
Listen actively
Share - make room for discussions

5

Listen for understanding

Ask clarifying questions
Avoid formulating your response when listening
Show curiosity: eye contact, nodding
Avoid assumptions
Pause before responding
Restate what you hear (validate)

