

Group Agreements

Our groups agreement are...

- One mic – only 1 person speaking at a time
- Respecting privacy
- Step up, step back
- No judgement
- Lead with empathy
- Meet people where they're at
- Take care of your needs – don't be afraid to mute/turn off video to eat or drink water
- Practice self-care in general
- Use 'I' statements... Speak for yourself, not the whole group
 - But be mindful of 'I' statements
 - Use positive and affirming 'I' statements