

Community Agreements

- Speak from the “I” perspective: Avoid speaking for others by using “we,” “us,” or “them.”
- Listen Actively: Listen to understand, not to respond.
- Step up, step back. If you talk too much, step back and listen. If you tend to be quiet, add your voice to the conversation.
- Respect silence: Don’t force yourself to fill a silence.
- Share, even if you don’t have the right words.
- Uphold confidentiality.
- Lean into discomfort: Learning happens on the edge of our comfort zones.