


Group Agreements

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- Care for ourselves and each other
 - Begin and end on time
 - Speak our truth using “I” statements
 - Honor confidentiality
 - Listen actively with the intent to learn
 - Agree or disagree respectfully
 - Recognize positive intentions; address impact
 - Maintain one conversation
 - Make space for each person’s contributions
 - Move forward together
 - Take risks and stretch beyond our comfort zones
 - Strive to accept discomfort as catalytic to growth
 - Accept lack of closure
 - Switch other devices to vibrate; put away
 - Stay present; resist multitasking
 - Follow virtual participation etiquette
 - Others: _____



Virtual Participation Etiquette

- Mute your mic when you're not speaking
- Carefully select your location
 - Try to avoid visual distractions, e.g. cats climbing all over your head
 - Don't participate on video from your bed
 - Reduce background noise
- Use a headset/ear buds if possible
- Keep your webcam on as much as possible
- Use the chat function to make comments that are social/may interrupt the flow
- Request the mic for on-topic comments
- Pause in between comments to make space for others and avoid cross talk
- Be patient and compassionate with each other
- Others? _____



Being Present

