

Our Communication Agreements

I will use "I" statements, and speak for myself, not others

I will speak succinctly (short and to the point)

I will take responsibility for owning and naming my own feelings

I will respect others' rights to speak without interruption

I undertake to respect other's privacy by not discussing outside the group other people's personal issues which may arise within the group process

I undertake to value and respect different contributions and perspectives of all individuals

I undertake to keep relationships within the group clear by dealing with any problematic issues directly with the persons concerned.

I recognise that we work best together when we remember to have fun!