

## Community Agreements

### **Try on New Ideas**

*Risk trying new ideas, other points of view, and new behaviors; keep only what you choose.*

### **Speak Your Truth & Focus on Self**

*Notice when you speak and when you are silent; avoid generalizations such as using “we” statements, instead speak from your experiences and use “I” statements.*

### **Both / And Thinking**

*Break down false dichotomies (contrasting between) that limit our thinking and our compassion; see others’ sides.*

### **Confidentiality**

*Keep others’ personal sharing in the room.*

### **Expect & Accept Non-closure**

*You may have thoughts and feelings that go unresolved today, and will be a part of your ongoing learning journey.*

### **Lean into Discomfort**

*Emotional discomfort expands our learning possibilities; push yourself at this learning edge.*

### **Intent vs Impact**

*Acknowledge and take responsibility for the impact of your words and actions; assume others have good intentions and/or inquire about others’ intentions.*

*What is confusing, missing, or needs to be added?*