

GROUP AGREEMENT EXAMPLES

Group agreements are a useful tool for getting your event (meeting, class, workshop, etc.) off to the right start and keeping it on track. They help a group come to an agreement on how it will work together respectfully and effectively. This, in turn, enables people to interact more co-operatively and maintain respect for each other.

Speak about your own ideas, opinions and feelings and be aware of how your words affect others.

Listen when others are taking a turn to talk. No side conversations please.

Respect the opinions, feelings and perceptions of others. Don't judge, criticize or put down or try to change anyone else's mind.

Be open-minded to learning something about someone else's point of view.

Respect confidentiality. Please don't name names here or repeat names outside of this room.

Leave personal prejudices at the door and try to participate honest

Think well of each other. Recognize and value that each enters this experience with the intention of building a shared understanding and goal of moving forward.

Be here and be present. If virtual join by camera when possible. Avoid the urge to click around. For in person and virtual, consider grabbing a squeeze ball or fidget toy to keep your hands occupied.

Address the ideas, not the person. Personalize statements. Use "I" in dialogue and "we" when formally representing a group. See disagreement as an opportunity to learn.

Select five-to-seven of these to guide the group's work. Most importantly, offer space for participants to come up with some of their own agreements. If you're looking for more info on group agreement, this page from [New York University](#) may help.

Recognize the role of perspective. Remember that we all have different experiences. Honor our and others' experiences as unique, important, and special, but not universal.

Share the space. Speak up, Hold Back. Practice sharing. Practice listening. Be aware of time.

Lessons leave, stories stay. Personal experiences bravely shared within the space. Share ideas and concepts only.

Expect unfinished business. Addressing the issues before us will take concerted effort and time.

Give and receive welcome. Treat others as you would want to be treated in this space.

Be present as fully as possible. Try your best to eliminate outside distractions.

What is offered in the space is by invitation not demand. Don't feel as if you or others have to share something at any given time.

Speak your truth in ways that respect other people's truths.

Learn to respond to others with honest, open questions. Do not respond to others with counsel or corrections.

Own your Impact. Consider intent. Be responsible for impact.