Community Agreements

My continuing presence means I commit to:

- A spirit of curiosity
- Showing up for learning and growing - this is not about perfection, but rather about improving our knowledge and skillfulness so we may lessen harm
- Having each others' backs as fellow learners
- Taking responsibility for myself, including my reactions, attending to what I need for self care, and offering care to others as I am able to
- Practicing acknowledgement and moving towards repair when I cause harm
- Be willing to be in discomfort as it arises
- Sharing the space, especially by making space for less heard voices
- Being willing to pause while balancing that with other time needs
- Keeping confidentially in the following way: what's said here stays here, what's learned here, leaves here. That means share the learning, but don't share any identifying characteristics with the content of what people have shared.
- Anything left out? Please add.