

Our Communication Agreements (updated August 2017)

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

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

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 recognise that we work best together when we remember to have shared enjoyment and fun!

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

