

Group Agreements: We agree that:

1. This is a forum for structured practice dialogues, (there are other forums for debates, lectures, storytelling, discussions, advice and the like.) We will try to keep our focus on ‘observations, feelings, needs and requests’ and the practice of NVC techniques.
2. That things brought into the group circle are things that are of benefit/interest to everyone in the circle.
 - ✚ There are many strategies for meeting needs – consider whether or not there is a strategy to meet your need that could take place before or after the group meeting – by talking to an individual or sending an email, for example.
 - ✚ If something comes up that you believe should be addressed by the group, please take responsibility for bringing it to the attention of the group – we are all co-facilitators.
3. That every voice has a place, and that we want to make room for all the voices to be heard. (Be brief, be mindful when interrupting.)
4. That this circle is a private space – and the things that happen in this space should be treated with respect and consideration. “Let there be no gossip.”

Keep in mind that there are no guarantees in the world – take responsibility for what you are willing to share in a group setting.
5. That we begin and end on time, in mutual consideration for one another’s scheduling constraints and other commitments.
6. Individuals have the option to pass in any given activity and the responsibility to tell the group they are passing.
7. Several people in our groups are allergic to scents found in perfumes and other scented products (hairspray, deodorants) and we ask that you refrain from using scented products or perfumes when attending our meetings.

Additions/Amendments: