

# GROUP AGREEMENTS

## Greater Madison Area

### Conscious Communication Communities of Practice

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*We agree that...*

#### GENERAL

1. This is a **forum for structured practice**; 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 and Living Compassion 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, such as talking to an “empathy buddy” or sending an email.
  - 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, and be mindful when interrupting.)
4. That this circle is a **private space**. The things that happen in this space should be treated with respect and consideration. “Let there be no gossip.”
  - Take what you learn; leave what you hear. When we are meeting online, try to find a private space for our meeting and use earphones if you are not alone in your room.
  - Keep in mind that privacy cannot be guaranteed, and 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.

#### ONLINE

7. When online, keep your **video on and your microphone muted** unless requested to do otherwise. Be sure to unmute when you meet in a breakout room and when you speak. Sign on early if you have technical questions.

#### IN PERSON

8. Several people in our groups are allergic to scents found in perfumes and other scented products (hairspray, deodorants, essential oils, etc.). We ask that you refrain from using scented products or perfumes when attending our in-person meetings.

Additions/Amendments:

*Prepared by Mary Kay Reinemann based on the work of Marshall Rosenberg, Robert Gonzales, et. al.*  
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[www.communicatewithintent.org](http://www.communicatewithintent.org)