

# **Mutual Learning Experience Community Agreement for SD United Workshops and Gatherings**

## Creating a Safe and Productive Environment

- Confidentiality- To ensure the health and safety of all participants-personally identifiable information/ experiences **MUST** stay private
- Cell phones off or on vibrate (Teleconference mute/unmute \*6)
- Take care of yourself- whatever that means for you

## Communication/ Working Together- things to be mindful of:

- Cross talk or interrupting – one person speaking at a time
- Let each person speak fully, ask if you are not sure
- Try to use “I statements” (try to speak from your own experience)
- Ask permission before relating your own experience to that of another person, sometimes people just want a difficult experience to be heard and/or acknowledged
- Recognize that we are each in a place of life perspective governed by our unique set of experiences. We can be nowhere else, but where we are in each moment. We each hold wisdom and truth gained from this unique set of experiences.
- Accept people where they are (what space they are in)
- Embrace a certain level of discomfort