

Four Agreements for Courageous Conversations

Stay Engaged

Experience Discomfort

Speak YOUR truth

Expect and accept non-closure



Working Agreements

How we will communicate

We take care of ourselves
Listen deeply
Make "I" statements
Keep it here
Intent v Impact
"Oops" and "Ouch"
Request Clarification
3 Before Me
Take space, make space
Stay curious!

