

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!



