

Shared Agreements for Gatherings

A group of horses of various colors (brown, black, white) are standing in a grassy field. In the background, there are rolling hills or mountains under a clear sky. The overall scene is peaceful and natural.

Try It On:

- Be willing to “try on” new ideas, or ways of doing things that might not be what you prefer or are familiar with.

Practice Self-focus:

- Attend to and speak about your own experiences and responses. Refrain from speaking for a whole group or generally the experience of others.

Remember Your Right To Pass:

- You can say “I pass” if you don’t wish to speak.

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Listen Mindfully:

- Try to avoid planning what you'll say as you listen to others.
- Be willing to be surprised, to learn something new.
- Listen with your whole self.

Move Up / Move Back:

- Enable full participation by all present. Take note of who is speaking and who is not.
- If you tend to speak often, consider “moving back” and vice versa.

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A group of horses of various colors (brown, black, white) are standing in a field of dry grass. In the background, there are rolling hills or mountains under a hazy sky. The overall scene is peaceful and natural.

Refrain from Giving Advice:

- Creates essential safety for others to share vulnerabilities.

When Harm is Named, Distinguish Intent from Impact:

- Try to understand and acknowledge impact.
- Denying the impact of something said by focusing on intent can be more destructive than the initial interaction.

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Refrain From Blaming or Shaming Self & Others:

- Practice giving skillful feedback

Preserve Confidentiality:

- Take home learnings but don't identify anyone other than yourself, now or later.
- If you want to follow up with anyone regarding something they said in this session, ask first and respect their wishes.