

# Agreements

- **Consideration**- pause before responding, breathe, reflect – WAIT
- **Courage**- vulnerability, brave space versus safe space
- **Connection**- goal to strengthen our ability to engage in community
- **Capacity**- what is your current capacity to receive feedback or call in others
- **Compassion**- for yourself as well as others; question ideas, not people
- **Cultural Humility**- do not expect individuals to speak on behalf of an entire group of people
- **Confidentiality**- post-workshop- share ideas/takeaways, not specifics