Recognize Your Communication Style-- This means to be aware about how your style of communication affects group conversation, if you find yourself speaking a lot, consider this an opportunity to step back and let others speak, and vice versa.

Expect to Learn Something About Yourself and Others/ Expect Unfinished Business- Allow yourself during this process to reflect on how what you might learn from others may change how you understand yourself, we may only be with you a short time, consider this the start of a conversation that you continue.

Speak Clearly and Use Personal Examples When Making a Point. Try to avoid generalized statements that you cannot back up with evidence, best to speak for yourself.

Participate Honestly and Openly. This can mean different things to different people, participate in a way that is best for you at this time. Hopefully you will gain from this process what you have put into it.

Engage in the Process by Listening as Well as Speaking: It is ok to not participate verbally, not everyone will want to share, but stay engaged with the process.

Confidentiality/ Curiosity/ Charity- Feel free to take what you've learned from today but please leave the names associated with the stories you've heard here. Please get permission if you wish to use someone's story. We learn best when we are able to ask questions, a healthy sense of curiosity is a good thing. Charity-- assume that everyone means the best-- if you don't like what someone has said, take what worked for you and leave the rest.

Take Responsibility for Yourself and What You Say- While here, don't let the fear that you might "say the wrong thing" get in the way of you seeking understanding, ask what you need to and we can work on developing the language later. If someone is hurt or offended by what you have said, own it.