Ground Rules

• Chatham House Rules: information disclosed during a meeting may be reported by those present, but the source of that information may not be explicitly or implicitly identified.

• Respect individual’s privacy and their boundaries.

• Own what you say (use of I-statements).

• Ensure that honesty is balanced with love.

• Use active listening (eye contact, take time, full attention, feedback).

• Respect each other.

• Be guided by Initiatives of Change’s values of love, honesty, unselfishness and purity of motive.

• Participation means that you are agreeing to trust the leader/guide/facilitator.

• Maintain trustworthiness and integrity as a leader.

• Engage and make space for quiet times of reflection.

• Be aware and respect diversity, equality and individuality.

• Respect punctuality and time keeping.

• Put into action what you have learned.

• Turn judgement into curiosity.

• Make room for fun and celebration.

• Give feedback as a gift.

• Safe-guard yourself

• Follow the ground rules to help make the space safe.