

Conversation Guidelines

Respectful Communication Guidelines are written in an acronym, **RESPECT**, making them easy to remember. The version below is adapted from Eric Law's original version.

R = take RESPONSIBILITY for what you say and feel without blaming others.

E = use EMPATHETIC listening.

S = be SENSITIVE to differences in communication styles.

P = PONDER what you hear and feel before you speak.

E = EXAMINE your own assumptions and perceptions.

C = keep CONFIDENTIALITY.

T = TRUST that greater truth comes through diversity

Brave Space

- Seek to understand a viewpoint you haven't considered or heard about before
- Own the unknown, and ask questions
- Acknowledge the opinions and emotions of others in the room
- Bring your authentic self
- Use "I" statements - speak from your own perspective and not from the perspective of others
- Encourage others to join in
- Honor your own truths
- Silence is OK
- Asking questions & vulnerability will be seen as strength!!