

GROUND RULES

1. ONE PERSON SPEAKS AT A TIME

2. GIVE ALL A CHANCE TO SPEAK:

- No one speaks twice until everyone who wants to has spoken once
- Keep comments & questions short
- Quiet people are encouraged to speak

3. ALOHA AT ALL TIMES

- Respect & Good intentions for everyone
- No venting or personal attacks
- Keep the temperature cool – try not to raise voice
- Emphasize positive feelings

4. IF YOU FEEL UPSET:

- Breathe
- Direct concerns to facilitator
- Short “time-out” can be called if needed
- If you must walk out, do so, but please come back as soon as you can.