



## **Group Norms**

Listen with the possibility of being changed. Speak with the promise of being heard.

Be present and be your authentic self.

Everyone has something to learn. No one person is good at everything or has all the skills to complete a group-worthy task.

Everyone has expertise to offer. Every person has relevant strengths to bring to each group-worthy task.

We need each other.

You have the right to ask for help and the duty to assist.

Be willing to experience discomfort.

Expect and accept non-closure.