

## Group Guidelines

In order to make the experience of our Next Level Group the best it can be for every participant, here are a few items we should all agree on:

- ***Consistent attendance:*** Let's all try our best to be present and on time for each of our six meetings.
- ***Openness:*** Let's all be willing to share and participate in the group discussions.
- ***Safety and Confidentiality:*** Let's encourage openness and vulnerability by making sure that nothing shared in the group is shared with anyone outside without permission.
- ***Integrity:*** Let's be careful not to discuss personal matters regarding friends, family, or coworkers in a way that could be seen as complaining, venting, or gossip.
- ***Shared Participation:*** Let's respect each other by encouraging a balanced level of participation from everyone in the group.
- ***Understanding Differences:*** Let's be gentle and gracious to group members that may have personal opinions, experiences, or even temperaments that are different from our own.