

Conversation guidelines

- One person speaking at a time.
- Actively listen to each other.
- Give everyone time to talk.
- Be open to changing your mind.
- Share 'air time'.
- Don't grandstand!
- Respect the privacy of other members and their stories - keep things confidential.
- Avoid jargon - and explain if needed.
- Ask questions - there's no such thing as a stupid question.
- Don't judge others or make assumptions about their views.
- Be mindful of your language, and body language, during the discussions.
- Use plain language, and be aware that English might not be everyone's first language.
- Respect and value different opinions.
- Take risks in the conversations, even if it is scary.
- Be honest - this should be a 'safe space' to share honest opinions.
- We can agree to work well together even if we don't agree.
- Get to the point - don't just talk too long for the sake of it.
- Be kind and supportive to each other.
- Be open to learning, and maybe changing your mind.
- Keep to the topic.
- Trust the process and the facilitators.