

Exercise 4: Agreements for a Safe Environment

Directions

1. Discuss this question: Think of a time you were part of a great team or another environment where you felt “safe” to be yourself and talk honestly. What did people do and say that made it safe?
2. With your learning pod, design a list of agreements or guidelines for how you will interact with each other throughout the program. Consider the experiences you just discussed.
 - *A common concern is “others may judge me if I’m honest.”*
 - *A learning pod agreement addressing this concern could be “be open to everyone’s experience” or “avoid judging others.”*
3. Record your agreements here:
