**EXAMPLE ‘AGREEMENTS OF BELONGING’\***

**The Teal for Teal Group in … is a self-organized circle of coaches, trainers, facilitators, HR specialists and Teal ‘fans’** who are willing to offer steadfast support, consolation, companionship, and delight for one another.

Meeting with like-minded people on a regular, reliable basis as a way to strengthen our physical, emotional, and spiritual well-being. With this strength and confidence, we can do the work that is ours to do and stay available to those we aspire to serve.

1.  In the first three sessions we welcome anybody who is interested in joining

2. After the third session anybody can join with the consensus of the group

3. The group consists of eight to twelve people

4. We will meet once a month on a Thursday from 5 – 8 pm.

5. We will be disciplined about these meetings and don’t let the pressures of life erode your time together:

* Each person does everything possible not to miss a session
* Knowing we will meet again removes the pressure to deal with everything now

6.  Agreements about behaviours.:

* We strive to be open and honest
* We strive to be present as open-hearted listeners
* We resist the impulse to give advice or solve another’s problems
* We trust in the healing power of being listened to
* We trust in every person’s ability to determine their own best actions
* We take personal responsibility for noticing our triggers, perceptions, and projections
* We commit to stay, even through difficult times
* We expect to encounter deep emotions and try not turn away from them
* We expect to journey together through both broken-heartedness and joyfulness
* We maintain a sense of humor, knowing this helps greatly
* We anticipate many moments of delight, grace, and joy

\* From Meg Wheatley e.o’s The Berkana Institute / Gathering Friends – www.berkana.org