



## Equitable Mindfulness – Community Agreements

Created by: Tiara Cash

### Community Agreements:

- **No Blame, no shame:** Today's work is inner work (how YOU show up). As such, it is not the professor/facilitator/teacher's job or our intention to blame or shame your experience. If this happens within this brave space, speak up. In that same breath we would like for each of you (students) to agree to the same thing.
- **What's said here stays here, but what's learned here leaves here:** This is a space of confidentiality. Likeness, names, and stories will not be shared outside of this room. However, this wouldn't be a transformative space if you didn't learn something about justice and equity and take it away with you.
- **Seek to understand first, and then to be understood:** this means that we'd like for you to take a moment to be curious about a trigger that is happening in your body – where do I feel this trigger? Why? – first before trying to insert your own emotions or feelings into a conversation or a space. Can you just see if you can try to understand what was meant by the words that this person has shared before seeking to be understood?
- **Intent vs. Experience:** we want you to choose a love-based response, before a fearful one. Additionally, as a sharer you might come into the space with an intention but the experience from another might be completely different. Again, before inserting emotions that are based in fear when the receiver tells you their experience, can you insert compassion to first see that experience before backing your intent?