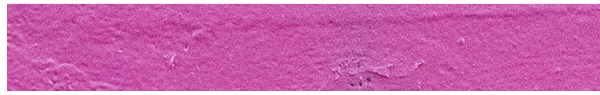


PRACTICE PROGRESS



Guidelines for Intentional Space:

1. Speak from Personal Experience

Speak from your own position by using "I statements." Share lived embodied experiences.

2. Work to Recognize your Privileges (white folks in particular!)

Use this space to recognize and investigate your privileges. Honor the different experiences we all bring to this space.

3. Take Risks: Make Space for Discomfort

Challenge yourself to come up against your growing edge during the exercises, readings, and the conversations. Try to contribute even if it is not perfectly formulated.

4. Take Care of Your Self

If we are taking care of ourselves, we grow our ability to care for others. If you need to take a break, move around, or make an adjustment /modification, please do that.

5. We are All Responsible for the Space and for our Community

Share speaking time and try to speak after others who have not spoken.

Bring your energy, your listening, your availability, and your care. Practice calling others in when they are not following our guidelines

6. Actively Listen

Use your energy to listen to what is said before thinking about how to respond. White folks, notice when defensiveness and denial arise.

7. Break it Down

Offer background information when necessary. Ask for clarification, or a "literacy moment" if needed.

8. Confidentiality

Any specifics are kept in the space, all lessons are shared widely!

9. Zoom Requests

Please be mindful and keep your microphone muted while others are speaking.

When there is a request to turn on participant video, please do your best to accommodate, so we are each offering this vulnerability as a community.