



## Group Rules

- All Information shared here is confidential
- This is a SAFE SPACE
- Everyone is treated with respect and kindness
- Everyone is encouraged to participate, so please share as much as is comfortable to you
- We support each other at all times AND *please do not give advice or feedback to another participant unless it is requested*
- Please be prompt so that your groups can start on time
- And please remember to turn off your cell phones

### *Rules Specific to Zoom*

- Mute yourself when not speaking. Even though you may not be speaking and think you're being quiet, most microphones can pick up minor background noises, like coughs, sneezes, or typing. These sounds can easily distract other video conferencing participants and potentially even cause annoyance.
- When you want to talk, raise your hand as you would do it in classroom, so that host can see you and at appropriate moment allow you to talk.
- Don't forget to unmute yourself when it's your time to talk, or everyone will see your mouth moving, your arms gesticulating but won't hear you.
- When you start talking, identify yourself. That way, your contributions to the conversation is noted.

Thank you very much, we wish you wellness!