

Essentials Group Guidelines

Please keep what is said in the group - in the group.

Group members are not required to talk, but are encouraged to do so.

Please limit sharing time to ensure that everyone has the opportunity to share. One member of the group is charged with the responsibility of time keeping. Figure out how you would like to signal to folks that it is time to come to a close.

Please respect one another and do not judge or correct others.

Please do not give advice, fix or rescue other group members. If somebody specifically solicits advice, then suggest a time outside of small group for that conversation.

This is a space for one conversation at a time. Please do not cross talk or use the chat function except to communicate technology issues.