

When in Community with Others, I Will:

- Start with questioning, lead with listening.
- Invest in quality relationships – for a moment, a breakout, a program, a lifetime.
- Be an invitation for others to bring all of who they are.
- Not be slowed down by trying to be perfect.
- Turn my insights into embodied action.
- Cultivate self-awareness with a determination to accept, even lean into discomfort as part of the process of growing, learning, and challenging ourselves and the systems we've been a part of forever.
- As much as I'm able, in any given moment, operate from a place of trust, truth and love. And I will be gentle with myself and others when I'm unable.
- Know I have a mindset and beliefs, and for the greater good, own them, explore them, and allow the work to change me.
- Understand that the individual and the collective are interdependent. What I think, what I do, what I don't do– it all matters to all of us. And we care.
- Trust that accountability is fuel for growth, not a means to shame or blame.



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Unleashing Human Potential through the Power of Coaching in Organizations