



DCA Group Coaching Agreements

Visual and verbal check-in is required:

We understand that you may need to have your camera off or be quiet for a portion of the meeting, however, for the safety of other members we need to confirm your identity upon joining the session.

What is said in the meeting, stays in the meeting

Confidentiality is essential and must be respected by all participants. We agree not to discuss group members who are not present and not to discuss what is shared in the group with others.

This is a safe space

Treat each other with respect and kindness. We are all entitled to our own point of view. There are no right or wrong statements.

Use "I" language

Share from your personal experience, say "this is what helped me" or "when I was faced with this problem, I ..." We are here to share our own feelings and experiences; we try not to give advice unless asked to. Each person knows what is best for herself, and therefore carries the primary responsibility for her well-being.

It's OK not to share

People do not need to actively participate; much can be gained by just listening.

One person speaks at a time

Each person should be allowed to speak free from interruptions and side conversation. Listen generously to each person as they share.

Eliminate Distractions

Be present during our session and make every effort to be free from distractions. Turn off electronics or set them to do not disturb. Use earphones if needed to reduce background noise.

Privacy

You must be alone while attending group. Minor children are not permitted to be present with you or in proximity where they can overhear our conversation. Recording of our sessions is not permitted. Sessions will not be conducted while you are in a moving vehicle. These are for your protection, your children's protection and in place to preserve confidentiality.

Share the airtime

Everyone who wishes to share should have an opportunity to do so. No one person should monopolize the group time. Keep your comments relevant so everyone can participate.

The group leader may interrupt you

This is to keep the group on track and on time.