

Sharing stories



Establishing a shared understanding at meetings

If you are facilitating a session or meeting, it is important that everyone taking part feels comfortable and respected.

The following ideas may be helpful for getting started:

- Inform participants to share only what they are comfortable with sharing. If they're unsure about discussing something in a group setting, suggest the option to speak to you privately or reach out afterwards.
- Ask everyone to be respectful of others in the group and differences of opinion.
- Encourage everyone to be mindful of their words and the impact they may have on others.
- Be considerate of everyone's time, including an awareness that people may have long journeys, caring responsibilities etc.
- The most important thing is that everyone feels comfortable and happy to engage with the session, so encourage participants to take any necessary steps to achieve that.
- If the content of a session causes anyone to think of anything that has happened to them or someone they know and they feel upset, worried or uncomfortable, here is a [list of services](#) that may be able to help.

Use the space below to add your own ideas:

