



SisterTalk: Ground Rules

- 1) The purpose of the group is to provide information and guidance on diet and activity.
- 2) This group is a safe and nonjudgmental place – where you can express feelings and feel supported.
- 3) Speak your mind – Be honest. Say what you think.
- 4) There are no dumb questions.
- 5) Listen – Let people finish what they have to say; give everybody a chance to talk; try to understand others' perspectives.
- 6) Take charge – be responsible for your own learning.
- 7) Keep information shared in the group private and confidential (required).
- 8) Begin and end the session on time.
- 9) Be considerate – show respect and do not discount anyone.
- 10) Ask questions one at a time; when questions cannot be immediately answered, we will use a “parking lot” and return to them later.

Any other ground rules your church has added?

- 11) _____
- 12) _____