

## CONVERSATION GROUND RULES

The Global Co Lab Network loves the work of [livingroomconversations.org](http://www.livingroomconversations.org). See their website at link below and conversation ground rules.

<http://www.livingroomconversations.org/about/>

### CONVERSATION GROUND RULES

#### **Be Curious and Open to Learning**

Listen to and be open to hearing all points of view. Maintain an attitude of exploration and learning. Conversation is as much about listening as it is about talking.

#### **Show Respect and Suspend Judgment**

Human beings tend to judge one another, do your best not to. Setting judgments aside will better enable you to learn from others and help them feel respected and appreciated.

#### **Look for Common Ground**

In this conversation, we look for what we agree on and simply appreciate that we will disagree on some beliefs and opinions.

#### **Be Authentic and Welcome that from Others**

Share what's important to you. Speak authentically from your personal and heartfelt experience. Be considerate to others who are doing the same.

#### **Be Purposeful and to the Point**

Notice if what you are conveying is or is not "on purpose" to the question at hand. Notice if you are making the same point more than once.

#### **Own and Guide the Conversation**

Take responsibility for the quality of your participation and the quality of the conversation by noticing what's happening and actively support getting yourself and others back "on purpose" when needed.