



## participants' agreement for RecEd Connect

What's important to us? What do we want everyone to keep in mind when we are connecting and training as Recovery Educators?

- be generous – know that there is more to the story than what you are hearing
- no judgement – think about your perspective and the other person's
- be curious
- be kind – to yourself and each other
- try to protect anonymity – sensitivity / consideration of how information can travel
  - share ideas, don't personalise stories, talk about the problem / situation rather than the person
- balance taking care of yourself with vulnerability

This resources was built by Recovery Educators at