

Covenant Example

Creating a covenant together will help prepare a space where everyone feels welcome, respected, and safe.

Your covenant should include a statement about:

The time commitment.

Preparation expectations.

Listening without interruption or judgements.

Contributing to discussions.

Keeping confidential what is shared during the group meetings.

I, _____, agree that in order to create a safe,
(name)

welcoming and respectful space for all group members, I will arrive on time, prepared to listen carefully as well as contribute to discussions. I will keep in confidence what is shared during the group meetings.