

Community Agreements

Values are ideals we strive to live up to.	Practices are things we can do to embody our values.
Liberation: we believe in the freedom of all people.	Accountability: practicing the skill of being responsible for the consequences of our actions to ourselves and others.
Solidarity: we are co-conspirators who follow the leadership of those directly affected by systems of oppression	Subjectivity + Specificity: we locate where our opinions are coming from by using “I” statements and avoiding generalizations. We practice both/and rather than either/or.
Equity: we shift traditional power dynamics to mitigate norms of inequality.	Shared Labor: we have different voices sharing in the room. We recognize emotional labor, and do not expect it of feminized people and people of color.
Sustainability: we recognize that this is lifelong work. We cultivate deep transformation rather than quick fixes. We strive for balance.	Depth Without Drowning: We want to share deeply, while practicing self care and boundaries. We accept incompleteness as part of the process.

Which value resonates with you the most?

Which of the practices listed do you feel personally the strongest in implementing in your life and/or work?

Which of the practices listed do you feel the most challenged by?

See these in action and learn how to practice with them at the [Liberatory Facilitation retreat](#) or [Liberatory Education course](#).