

# PROGRAM EXPECTATIONS

## Participant Expectations

- Be open
- Follow through
  - Get things done
- Participate
- Put in effort
- Be here
  - Physically and mentally
- Trust
- Catch up if you missed a session
- Engage in discussions
- Provide and accept constructive feedback
- Be respectful
- Be supportive
  - Encouragement
  - Non-judgmental
  - Understanding
- Challenge each other
- Practice active listening
- Maintain confidentiality
  - Err on the side of caution
  - Share concepts/group ideas with others not in the program
  - Clarify if in doubt of confidentiality
- No expectations
  - Be open to the experience

## Facilitator Expectations

- All of the above 😊
- Teach you something
- Provide guidance
- Be available outside of sessions
- Provide the agenda
- Encourage full participation
- Provide feedback
- Bring a positive attitude
- Maintain trust you've give me (lead the way)
- Bring in practical examples
- Focus on tangible outcomes