

# Conversation Agreements

*Want to some more help understanding the “why” behind each agreement?*

*[Click here](#) to unpack the Conversation Agreements.*

## Be curious and open to learning.

Conversation is as much about listening as it is about talking. Enjoy hearing all points of view. Maintain an attitude of exploration.

## Show respect and suspend judgment.

Human beings tend to judge one another; do your best not to. Setting judgments aside opens you up to learning from others and makes them feel respected and appreciated.

## Find common ground and note differences.

Look for a common ground you can agree on and take an interest in the differing beliefs and opinions of others.

## Be authentic and welcome that from others.

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

## Be purposeful and to the point.

Notice if what you are conveying is or is not pertinent to the topic at hand.

## Own and guide the conversation.

Take responsibility for the quality of your participation and that of the conversation. Be proactive in getting yourself and others back on track if needed.