

URGE Pod Guidelines for WNC Researcher Alliance

As a member of the WNC Researcher Alliance, the pod members agree to the following guidelines during our pod activities.

- 1. Be respectful to all pod members.
- 2. Be candid and be brave while respecting pod members.
- 3. Be identity conscious realize people's lived experiences are part of their identity and be okay with talking about these lived experiences.
- 4. Be a good listener during pod meeting and do not abruptly interrupt other pod members' speaking time.
- 5. Be empathetic put yourself in the other person's shoes and be mindful of the impact of your words on other members.
- 6. Find common ground for the discussion to yield the most helpful discussion.
- 7. Preface with "I feel" or "I think" (use "I" statements rather than speaking for entire groups).
- 8. Assume this is a confidential conversation and if you want to share something outside then be sure to ask permission before sharing. If it's something you generally took away from the group conversation (not a personal story) then you can share this but remember to refer to the whole group.
- 9. Decision making: the pod will make decision based on group consensus during pod discussion time.
- 10. The pod meets bi-weekly on the second Monday of each session to discuss the reading of each session and issues that each are facing in their own institutions and groups.

*Note: the pod is made of members from different institutions and the solutions for individual institution's issue will likely be different.