

Creating a Supportive Space: Our Shared Agreement

We want these sessions to feel welcoming, supportive, and genuinely useful for everyone.

To help create a space together, where everyone feels safe, valued and able to take part, we ask participants to:

- Treat each other with kindness, even when perspectives differ. Challenge ideas, not people
- Listen with curiosity and make space for everyone's voice.
- Keep personal stories and identifying details shared in the session confidential
- Ask questions and stay open to new ideas and experiences.
- Help create an inclusive space free from discrimination or harmful language, where everyone feels safe, valued, and able to take part.
- Be mindful that everyone brings different lived experiences, identities, and access needs.

Reach out to a facilitator if anything during the session feels uncomfortable — we're here to support you.

Informed by training delivered by [LEx Scotland](#)