

- www.susan-boyd.com/tenways.htm
- www.resultsthroughtraining.com/downloads/Icebreakers.HTML
- www.nwlink.com/~donclark/leader/icebreak.html
- www.ruthvilmi.net/hut/LangHelp/Writing/ice-breakers.html

Appendix B

Sample Ground Rules

Develop and use ground rules

Give careful thought and attention when developing ground rules or group expectations so that they can guard the quality of the group process. Review them briefly before each meeting so everyone is aware of what the group believes are appropriate ways to act

1. **Sessions start on time.**
2. **One person talks at a time.**
3. **No side conversations.**
4. **What is said here stays here.**
5. **If you miss any meeting, support the decisions made in your absence.**
6. **All ideas and comments are valid.**
7. **Listen to each other.**
8. **Be respectful to each other.**
9. **People do not need to agree.**

