



The Humanity Project

Telling the Untold Story



To have Courageous Conversations:

- Stay engaged
- Speak your truth
- Experience discomfort
- Expect and accept non-closure



How can you apply the Courageous Conversations agreements in your own life and relationships?

Listening to understand.

Be brave and sit with discomfort, lean into it with compassion.

Be willing to experience the discomfort of action versus the safety of inaction.

Being genuine and honest, but allowing for grace and growth with those you come in contact with.

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