

# Personal Commitments

Please initial each commitment and sign at the bottom indicating you agree to the following:

1. **Safety.** I will take care of myself, my privacy and my safety during this course. I know that I can pass on anything and check out at will, with no penalties attached.

**Initials** \_\_\_\_\_

2. **Staff.** I want to learn about myself, about team dynamics, about my teammates, and I want to understand what the course staff understands about teams. For the duration of the course, I will suspend disbelief and adopt as a learning strategy the pretense that presented ideas are true. I want to learn efficiently and I am willing to accept the staff's guidance to find new efficiency in my learning. I will refrain from providing feedback during the course.

**Initials** \_\_\_\_\_

3. **The Core Culture.** I have read *The Core* commitments and protocols to be used in the course. I agree to adhere to *The Core* commitments and protocols during the course. This includes requiring that others on my team adhere to *The Core* protocols and commitments.

**Initials** \_\_\_\_\_

4. **Durability.** If any of the above (1-3) commitments are untrue of me now or become untrue sometime during the course, I will resolve this with the staff immediately.

**Initials** \_\_\_\_\_

Name \_\_\_\_\_ Date \_\_\_\_\_