

# 2020 Wild Ginger Community Herbal Program Commitments

## Class Overview

- Each class we will lay out daily flow and overview of how we will spend our time, including breaks at the beginning of each session.

## Introductions

- When we enter the class each week we will create an intentional space at the beginning for us all to enter, including inviting everyone to share their preferred name and pronouns, where they are currently as well as land acknowledgements as well as instagram handles.

## Chat Usage

- We want to be intentional with the different communication tools we have available to us and especially so this can be an inclusive space.
- The chat will remain open to all and we are committed to making it useful which we realize is hard if it gets flooded.
- After introductions at the beginning the chat will be open at designated times by the teachers with prompts as well as creating specified times for participation, Q & A. If you have something to share of benefit to the group, share it.
- We will Q & A during those designated times.
- We ask that the chat be used for this designated communication so that folks questions etc do not get missed. This will vary some based on each classes needs and everyone's teaching style.
- Please make sure to ask permission before private messaging anyone else in the chat.
- If you get overwhelmed by the chat please know there is an option to mute it or hide it.

## Class Forum

- For communication such as that is outside of the prompts or Q & A topics, we have created an online group forum to help facilitate communication.
- This will be a space where folks can share resources, interact with each other and share information, share other events that folks might be interested in, reflections, and more.
- This is a great space to have ongoing conversations.
- As thoughts and ideas come up during class - this will be a great forum for you to share those with fellow participants. There were a lot of important points and experiences people brought up over the weekend, and we are thankful for folks who shared and this will hopefully be a useful space to share as well.
- This will be an unmoderated space and we trust you all to self organize. There will be basic guidelines for participation including that it is intended for use by participants of this course only, and no specific, personal, or identifying information should ever be shared outside the course forum. "Stories stay, lessons leave" as Richael suggests.
- Each class If the forum becomes a toxic or harmful environment, Wild Ginger reserves the right to close it. In the event the forum needs to be closed for safety reasons, Wild Ginger is open to supporting other avenues for safe, self-organized student engagement.
- Any major issues regarding the forum can always be communicated to us at [wildgingerherbalcenter@gmail.com](mailto:wildgingerherbalcenter@gmail.com)
- The forum is now located on the bottom of the course website and is accessible once you are logged in to our site.

## **Closed Captioning**

- Closed captioning will now be available during our live sessions.

## **Use of Mute**

- We ask folks to stay muted so that all will be able to hear through out our time together
- Through out class participants will receive prompts for participation as well as Q & A times through out the session,
- The chat will remain open, however teachers will be intentionally setting times for responses in order to balance the course material.
- Please use the voice feature either during prompts or if there is an urgent need.

## **Course Materials**

- All course notes currently available are on the course website and more will continue to be added as teachers get them to us, please feel free to access notes ahead of time.
- If we generate content during the class such as a mentimeter, we will share this as well as the recordings of the class within 48 hours after the live course.

## **Wild Ginger How We Hold Each Other / Space Guidelines**

- Center our shared learning. We honor that we share a unique learning space during a transformative time. Let's remember that our purpose is to learn together, which means we must be aware of one another, meet one another, and support one another, toward learning.
- From us there are many. We are holding many needs, many options, and many solutions. Let's contribute to our own needs, and as you're able, contribute toward the collective. We hold this space together.
- What we pay attention to grows. This Emergent Strategy principle reminds us that where our focus and energy is directed is where our learning will be. We have opportunities to decolonize folk herbalism, and also to create new folk herbalism meanings, understandings, and traditions. Let's resist, exist, and build!

## **Conversation Guidelines**

- Speak from your own experience. "I" statements help. Allow others to speak their experience too.
- Make space, fully engage. Make space for others if you often take more space. Take space if you often don't. We have enough space! Fully engage by being aware of your space.
- Don't assume, ask. Try your best to avoid assumptions. Please ask instead.
- Impact matters. Appreciate that the impact of our choices and behaviors are the lived experiences of others.
- Repair can be easy. Feedback is a gift. If you make a mistake or have impacted someone, reflect and apologize, don't explain. If you don't understand your mistake, ask for appropriate support.