

Ground Rules for the Postdoc Academy

- First, feel free to pass on any discussion prompt. If you feel it might be triggering, harmful, or otherwise not productive for you, please feel free to simply pass. At no time do we want you to feel pressured to reveal or share anything that you would prefer not to share.
- Assume that people are speaking, writing, or sharing with the best intentions. When in disagreement, address the ideas - not the person.
- On that note, be respectful of other peoples' comments and experiences. Do not argue, challenge or diminish their experiences. Respond to content, not to individuals. We will take down any content that we think may be harmful or counter-productive.
- When you do share, please do not include any names or identifying features of anyone else, including situations, places or contexts.
- Respect confidentiality. Stories stay and lessons leave.
- At times we are asking you to reflect and speak from your own experiences. Other times we may ask you to consider other people, perspectives or roles and how an incident might have been experienced by others. We will not ask you to speak for others.