ASSOCIATION OF STATE PUBLIC HEALTH NUTRITIONISTS

Guidelines for How We Work Together

Foundational

Create a safe and honest environment for discussions.
Acknowledge that our individual sense of belonging is influenced by the lived experiences and racial/ethnic/cultural/gender makeup of the group.
Celebrate accomplishments and potential long term outcomes.

Self

Bring forth your unique self: your similarities and differences; values and ideas.
Respect confidentiality – embrace stories, leave the names behind.
Contribute your individual strengths.
Take care of yourself. Practice Self-Care.
If able and comfortable turn on your video during remote meetings.
Communicate and share opinions openly before decisions are made; request more time if you need it.
Step up and step back.

Group

Listen deeply, be curious and ask questions.
Keep confidential topics in the room.
Participate and encourage participation of others.
Build and support positive relationships.
Support actions to move forward.
Support decisions of the group.
Respect different styles of learning, informing, and teaching.
Be explicit about race and racism. Don't use coded language. Speak up against coded language when it occurs.
Remember that we are all learning.
Weave in fun.
Embrace mentoring opportunities.

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