PRINCIPLES

1. Be here.

It's the only place that matters right now.

2. Be grateful.

We are sharing tears, fears, triumphs, and tough stuff in this space. End every conversation with "thank you."

3. Be open. We need what you're bringing.

Offer a spirit that says, "You're important to me."

5. Be human.

It's OK to cry, opt out, and ask for what you need.

Thank you for being here.