



WOMEN'S COMMITMENT AND EXPECTATIONS

WES is BACK and we are coming in READY TO EMPOWER! Not only the women we serve, but the volunteers and women involved in making this program a success.

- Weekly attendance is required to participate in each program you sign up for.
- Confidentiality ~ What is said in the group, stays in the group.
- Be open to the journey.
- Share feelings and experiences, but not advice.
- Accept each other without making judgments.
- Listen.
- Respect others boundaries.
- Avoid interrupting or having side conversations.
- Silence all devices.
- Always be honest.
- Have a positive attitude.
- Be on time. Log on 10-15 minutes early so you can make sure your internet is working and you do not have any connection issues.
- Be respectful and sensitive to others.
- Be supportive and encouraging to each other.
- Do assignments and participate in activities in a timely manner.
- Play an active role in your success.
- Do the work for YOU.
- Kids are situated and safe during class.
- Advocate for yourself - if you have needs or assistance reach out.
- Familiarize yourself with both Zoom and Google Classroom prior to the first night of class.
 - Zoom Basics
 - <https://www.youtube.com/watch?v=MmWzCDkV5bk>
 - Google Classroom Basics
 - <https://www.youtube.com/watch?v=xfgqtCi7hdo>