



SLACK USER GUIDE

COMMUNITY GUIDELINES

IN THIS ONLINE COMMUNITY:

1

We Respect Each Other

If you wouldn't say it to someone's face, don't say it here. Think before you type, and assume best intentions! Online discussions can be challenging—let's make sure we're having productive, respectful conversations. If you ever feel harassed or uncomfortable in this space, please contact a coach so we can help!

2

We Uplift Each Other

We're all on our own journey - support each other, and ask for support if you need it! This also means that we hold each other accountable when something goes wrong—we all have areas of growth, so let's help each other along! Try to "call in" versus "call out," and use "I feel" statements when you're trying to bring an "ouch" to attention.

3

We Strive With Each Other

This is a place to find a workout buddy, get help with an exercise, connect a player with a team, and share resources! Let's help each other be accountable to our goals!

