

Sister Connect

GUIDELINES FOR A GREAT GATHERING

Our meet-ups are all about supporting one another, sharing experiences, and keeping the focus on business. To make sure everyone feels comfortable and gets value from our time together, here are a few gentle guidelines:

LET'S...

- ✓ **Focus on business conversations**
Share your challenges, wins, and ideas.
- ✓ **Listen actively**
Give everyone the space to contribute.
- ✓ **Be generous with knowledge**
If you've learned something useful, pass it on.
- ✓ **Encourage and uplift**
We're here to support, not compete.
- ✓ **Network with intention**
Swap details, make connections, and follow up after.
- ✓ **Respect time**
Keep chats balanced so everyone gets a chance.
- ✓ **Maintain inclusivity**
Ensure newcomers feel welcome and valued.

LET'S STEER CLEAR OF...

- ✗ **Oversharing deeply personal or traumatic experiences**
We care, however our meet-up isn't the right space for heavy processing. Let's keep conversations supportive, light and business-focused.
- ✗ **Taking over the conversation**
Instead, make space for everyone's voice, as we all have valuable insights to share.
- ✗ **Drifting too far off-topic**
Social chat is lovely, but let's keep business at the heart.

Challenges with these guidelines for your group? Please reach out to the Member Services Team at Global Sisters for support: members@globalsisters.org

If you need mental health support, please refer to our Business and Wellbeing section of the Sisters Portal