

Men of Integrity

Commitment and Confidentiality Agreement

For Virtual Meetings

Men of Integrity are committed to the following code of conduct to ensure the best outcome for themselves and everyone else in the group.

- 1. CONFIDENTIALITY:** What happens and is said here, stays here. We do this by respecting the dignity of our manhood and honoring each other with confidentiality. You are free to share what you say and do; however, anything any other man says or does stays private.
- 2. GROUP PARTICIPATION:** You are here to learn and grow into the man God wants you to be. Participation includes sharing the high and lows of your life with the group as well as spiritual insights God has given you. We are here to support and celebrate with one another.
- 3. BE ON TIME:** One of the simplest ways of showing personal accountability and respect for others is a commitment to showing up on time. As a bit of advice... to really be on time you need to be a few minutes early. Try it, you'll like it! If you are not able to attend let someone in your group know.
- 4. RESPECT FELLOW PARTICIPANTS:** Although it is important to share your thoughts and experiences it is VERY important not to dominate the discussion. Also try to steer away from "preaching" at the group! In addition, do not criticize or put down another man. We are each on separate paths in our journeys. Respect and honor where each person is in their journey.
- 5. BE PRESENT:** To be present means to be committed to active engagement with minimal distractions. During the meeting you should always have your camera on, and your microphone muted unless you are speaking. During our meetings, please refrain from cell phone use.
- 6. TAKE CARE OF YOURSELF:** You are responsible for your health and well-being. During the week, treat your body well with proper nutrition, exercise and a positive outlook.
- 7. GIVE AN HONEST REPORT:** It is essential that you be completely honest in your weekly reporting. Understand that a S.L.I.P. is a "Short Lapse in Progress" when you have not been true to your personal commitments or completed your assignments.
- 8. STAY CONNECTED:** During the week it is important to stay connected by using our group messaging app. If you are struggling, learn to reach out for strength and prayer. If someone messages you, please respond or affirm as quickly as possible. If you "go silent" it's a bad sign.
- 9. PUT IN THE TIME:** You should expect to spend about 20-30 minutes most days to become stronger men of God. If you put in the time, you will see results. If you don't, you won't. Be all in!

As a Man of Integrity, I do hereby signify my commitment to live by these guidelines.

Signature: _____ Date: _____