

[Name]

[A brief bio including: your role in this group, your life, passions, and potentially overlapping interests, a photo]

My Communication Style and Preferences:

I describe my communication style in the following 10 words:

[10 words that describe your flavor of communicating]

Others have offered me the following feedback about my communication style:

[brief list of variety of feedback received]

When we are not sharing space, please contact me by:

- [contact mode – ex: email] (preferred timing for this mode)
- [other contact mode – ex: text] (preferred timing for this mode)
- [times you are NOT to be contacted – ex: date day] (exemptions from this prohibition)

I receive feedback best in the format of:

- Praise – [description of ideal circumstances]
- Critique – [description of ideal circumstances]

I prefer to give feedback in the format of:

- [description of ideal circumstances]

Information which will help us communicate:

- [any triggers, family of origin stories, or other flags to avoid or know about for successful communication]
- [best times of day for me to be fully present]
- [any safewords, other communication phrases or tools, or general tips for talking with me]

I appreciate support around these hidden disabilities/intersectional oppressions:

- [hidden disabilities that inform how I exist in this community]
- [intersectional oppressions that inform how I exist in this community]
- *SPECIAL NOTE for businesses and other legal entities – if folks are disclosing Protected Categories of Identity here, this brings up Privacy concerns, legally speaking. So be careful how you use this section – it is intended as an Anti-Oppressive mechanism, and should not violate a member's privacy nonvoluntarily.*