
THE NEXT CHAPTER NETWORK
CHAPTER ESSENTIALS

Ground Rules & *Agreement*

The foundation of every Chapter Night

Turn the page. With purpose.

Our Ground Rules

Read these aloud at your first Chapter Night. In future months, the facilitator gives a brief reminder at the start of each meeting. These are what make the space safe, honest, and meaningful.

1. What's shared here stays here.

Everything said in this room is confidential. We don't share each other's stories, struggles, or personal details outside this group. Not with partners, not with friends, not on social media. This is a vault.

2. Share from your own experience.

When someone opens up, resist the urge to fix, advise, or solve. Instead, listen — and when it's your turn, share from your own life. "I've felt that too" is more powerful than "You should try..."

3. No cross-talk during shares.

When someone is sharing, the room is theirs. No interrupting, no side conversations, no jumping in. Give each woman the gift of being fully heard.

4. Be honest, not performative.

You don't need to have it figured out. You don't need to sound wise or put-together. The most valuable thing you can bring to this group is the truth about where you are right now.

5. It's okay to pass.

If a prompt doesn't land for you or you're not ready to share on a particular topic, you can simply say "I'll pass this time." No explanation needed.

6. Protect the energy.

Start on time. End on time. Stay present. This is a commitment to each other — treat it like one.

Our Agreement

By joining this Chapter, I commit to showing up with honesty, holding what's shared in confidence, and treating every woman in this room with the care and respect I'd want for myself.

Print a copy for each member to keep.