

Café guidelines

To help ensure that our meetings run smoothly and in line with the values of the Global Nurses & Midwives Rotary Club (GNMRC) Virtual Café we ask that all facilitators and participants agree to follow these guidelines:

To be kind to ourselves and each other. It is important to understand that the café is not a therapy or counselling space, rather it is a space in which to check in, connect and chat with colleagues, a collegial space. It is in this space of sharing that we can feel less isolated and be encouraged to share our story. In these café sessions we will respect each other in supportive and considerate ways.

To act with integrity. Please respect one another's confidentiality and anonymity. Please do not name anyone or discuss anything you may hear in a café session with others who have not attended.

In our café sessions we will listen and allow each other's stories to resonate with us. It is not necessary to provide solutions and answers as we do every day at work rather in the sharing of experiences we resonate, connect, appreciate. When we tell our individual story the use of "I" gives more power to the individuality of the experience being shared. To let everyone, have a voice.

The GNMRC is a diverse and inclusive Rotary club. Our cafés welcome colleagues from diverse backgrounds and points of view. We have no political, religious or commercial affiliations, we ask that café participants refrain from promoting any that they may have.

We envisage that participants will gain most from these café sessions when they are present to the stories and experiences being shared rather than being distracted by use of mobile devices.

The café is a shared experience and will be of most benefit when facilitators and participants can see one another, where possible keep your video camera on during the café sessions.

Each café will have a facilitator and co facilitator, if you are concerned by anything discussed / shared during a café session, please contact the co-facilitator directly in the chat box and they will have a chat discussion with you. We appreciate that the experience of being in a café may cause participants some distress and thus we advocate those participants seek further support as required.

For example, in Australia, nurses & midwives can contact:

Nurses & Midwives Support

<https://www.nmsupport.org.au/>

Lifeline

<https://www.lifeline.org.au/>

Beyond Blue

<https://www.beyondblue.org.au/>