



M E T T A S O L U T I O N S

Ground Rules for Communication

Metta Solutions, LLC (“Company,” “we,” or “us”) is committed to productive, healthy, legal, non-violent and non-threatening communications in all business, personal and professional matters.

This set of Ground Rules for Communication governs your access to and use of governs your access to and use of www.mettasolutions.com, including any content, functionality and services offered on or through www.mettasolutions.com (the “Website”), whether as a member, guest or a registered user. This specifically includes, but is not limited to, the community platform, The Bespoke Life Network at www.members.mettasolutions.com (the “**Network**”). The term “Website” in this document refers to both the primary Website and the Network described above.

This document sets forth expectations about all communications by members, guests or registered users on the Website. Please read the Ground Rules for Communication document carefully before you start to use the Website. By using the Website or by clicking to accept or agree to the Terms of Use when this option is made available to you, you accept and agree to be bound and abide by the Ground Rules for Communication. If you do not want to agree to the Ground Rules for Communication, you must not access or use the Website.

The Ground Rules for Communications are concepts that registered users, members and guests of the Website agree to about how communications will occur between and among themselves.

This Website offers a unique opportunity to engage with other registered users, members and guests of the Website in an ongoing learning platform.

1. No hate speech or bullying is allowed. Make this a safe space to learn and grow together. Bullying of any kind isn't allowed, and degrading comments about things such as race, religion, culture, sexual orientation, gender or identity will not be tolerated. Members, guests and registered users who violate these policies may be removed at the sole discretion of the host.
2. We respect each other and speak to each other from that place of respect.
3. Conversations inside the group are confidential. You may share lessons you have learned outside this group, but please do not share the specific content of conversations or names of members to whom that content would be attributed.
4. If you present a scenario or situation related to individuals or institutions, please de-identify the individual and the institution as much as possible.
5. Disagreements are resolved promptly and professionally whenever possible.

6. Our speech and actions toward each other will be grounded in inclusive acceptance of differences, particularly with respect to race, ethnicity, gender, belief systems, (including political beliefs), sexual orientation and gender identity.
7. This Network is not a place for solicitation of business or promotion of your own business or offerings, except where it is explicitly stated that this practice is acceptable. If you happen to meet someone by virtue of your use of the Website who asks about your services, please arrange to contact them privately to discuss your services.
8. If you feel you are being solicited inappropriately for someone's business services, contact us at hello@mettasolutions.com. If you are the person soliciting business, please see Ground Rule #7.
9. If something happens as a result of your use of the Website that concerns you, please begin by speaking with the person or persons involved, if that is possible. If not, or if you wish to report content that is concerning to you, please contact us at hello@mettasolutions.com so that we can help resolve the issue if possible.
10. In our online meetings related to this Website, being off-camera is acceptable when it supports your own self-care. Please identify yourself to the group so we know who is on the line if you don't have video turned on.
11. Please mute your audio in online meetings if you are not the primary speaker.
12. The host/moderator reserves the right to remove or block someone from use of the Website if their behavior is persistently disruptive, harmful or otherwise inappropriate
13. ***If you share resources that you do NOT hold the copyright for, please share a LINK TO THE FILE, and not the DOCUMENT or FILE. If a file or content is shared that, in the opinion of the Company might violate laws and expectations regarding copyright or intellectual property, such files or content may be removed.***

Your Participation Counts

The conversations that happen as a result of your use of the Website set the tone for everyone who participates here. Help us influence the future of this community by choosing to engage in discussions that make this forum an interesting place to be — and avoiding those that do not.

Welcome, and help us make this a vibrant, positive and thriving community.

Contact Us

The Company welcomes your questions or comments regarding the Ground Rules for Communication:

Metta Solutions, LLC
3307 Watkins Rd. Suite 159
Durham, NC 27707

Email Address: hello@mettasolutions.com

This document was last updated on September 2, 2022 and is effective as of that date.