

**PERSONAL COMMITMENT
TO THE PALLIATIVE CARE TEAM AND PROGRAM**

As a member of the program, I will:

- Take responsibility for my own health and well-being;
- Make a concerted effort to think through issues that I want the team to consider;
- Give a warning and explanation when I am venting;
 - Venting to vent
 - Venting as a way of asking for help
- Ask for help when I am stressed by professional or personal obligations;
- Say “no” to other team members when I cannot provide physical or emotional help or support;
- Address conflicts with other team members:
 - Interpersonal conflict to be resolved directly with the individual at the earliest convenient opportunity;
 - Bring for team discussion larger issues that are more than 1:1 conflicts;
 - Accept legitimate criticism by others so as to change my work habits that may be impeding appropriate team functioning;
 - Criticize others honestly without intention to hurt.