

# AfroSwissters Connection & Introduction Guidelines

AfroSwissters is a relationship-driven community where connection is intentional, human, and paced — never transactional or extractive. These guidelines exist to help everyone engage in ways that feel respectful, sustainable, and deeply meaningful.

♡ COMMUNITY-CENTRED



# Connection Is an Invitation, Not an Obligation



Not every interaction needs to transform into a relationship, collaboration, or opportunity. Connection here unfolds organically, without pressure or expectation.

You are welcome to introduce yourself — at your own pace. Others are welcome to respond — in their own time. Silence or delayed replies are not rejection; they are simply part of the rhythm of authentic human connection.

Presence here is not measured by responsiveness, but by respect and intention.

# Introductions: Lead With Context, Not Expectation

When introducing yourself — whether online or in person — we encourage a warm, open approach that builds trust rather than creating pressure.

## We Encourage

- A short context about who you are
- What brought you to AfroSwissters
- What you are curious about exploring
- Authentic sharing at your own comfort level

## Please Avoid

- Demands for time or immediate access
- Assumptions of availability
- Immediate asks for labour or referrals
- Requests for emotional support from strangers

**Remember:** Curiosity builds trust. Pressure erodes it. Lead with genuine interest in connection, not what you hope to gain.

# One-to-One Connections

## Ask, Don't Assume

Request permission before assuming someone has time or interest in connecting individually.

## Be Specific & Respectful

When reaching out, be clear about what you're hoping for whilst honouring the other person's time.

## Accept "Not Now"

Gracefully accept when someone declines or delays, without requiring explanation or justification.

A thoughtful, well-crafted message always beats urgency. Authentic connections are worth the patience and care they require to develop properly.



# Group Spaces Are Not Pitch Rooms

AfroSwissters gatherings — whether online or in person — are sacred spaces for genuine connection. They are not sales floors, self-promotion stages, or networking opportunities to extract value.



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## Listen as Much as You Speak

Create space for others by balancing your contributions with attentive listening.



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## Avoid Unsolicited Pitching

Refrain from using community time to promote products, services, or personal agendas.



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## Make Space for Quieter Voices

Notice who hasn't spoken and create opportunities for them to contribute if they wish.



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## Don't Redirect to Yourself

Avoid turning every conversation back to your own experiences or needs.

Connection is built through presence, not performance. Your authentic participation matters more than any pitch ever could.

# Allyship & Cross-Community Engagement



Allies and collaborators are genuinely welcome — when they approach with clarity, humility, and respect for the community's purpose and boundaries.

Meaningful allyship requires listening before positioning, asking how to support rather than how to lead, and respecting that not all spaces are for centring yourself or your experiences.

Bridge-building requires awareness of where you stand, who is centred in this space, and how your presence can genuinely support rather than overshadow the community's mission.

# Emotional Boundaries Matter

AfroSwissters is a supportive community where healing may naturally occur — but it is not a therapy space, and members are not therapists or emotional caretakers.

## Don't Assume Others Can Hold Your Weight

Whilst we care deeply for one another, no one is obligated to carry your emotional labour or process your trauma.

## Ask for Consent Before Heavy Sharing

Before sharing intensely personal or potentially triggering content, ask if others have capacity to engage.

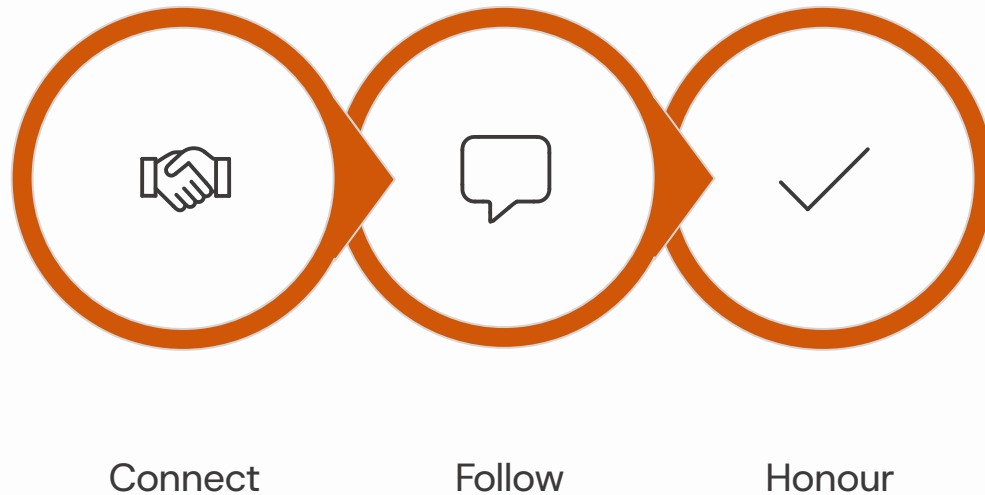
## Respect When Someone Cannot Engage

If someone indicates they don't have the emotional bandwidth, honour that boundary without pressure or guilt.

Care within our community is shared and reciprocal — not outsourced or one-directional. We hold space for one another when we have capacity, and we honour our limits when we don't.



# Follow-Ups & Continuity



After connecting with someone in AfroSwissters, thoughtful follow-up strengthens the relationship — but persistence can create pressure.

When following up, reference the context of your meeting, be patient with response times, and follow up thoughtfully rather than repeatedly.

Not all connections are meant to continue beyond the initial meeting — and that is genuinely okay. Some connections serve their purpose in a single conversation, whilst others develop into lasting relationships over time.



# Conflict, Misunderstanding & Repair

Missteps and misunderstandings are inevitable in any human community. What matters is how we move through them together with grace and accountability.



## Address Directly

When possible, address issues privately and directly with the person involved.



## Avoid Escalation

Resist the urge to publicly escalate conflicts or call people out in group spaces.



## Seek Repair

Approach repair with curiosity and openness, not accusation or defensiveness.

In AfroSwissters, accountability and compassion are not opposites — they work together to create a space where we can be fully human, make mistakes, and grow through them.



# A Shared Reminder

AfroSwissters exists to build bridges, not hierarchies. To create space, not noise. To cultivate depth, not speed. To honour the fullness of who we are, individually and collectively.

You do not need to extract value to belong here. Your presence already has value. Your story matters. Your pace is respected.

We invite you to connect with intention, heal with support, grow with encouragement, and thrive in community.

CONNECT

HEAL

GROW

THRIVE