

## HANDOUT 1.1: GROUND AGREEMENTS FOR CREATING A SAFE SPACE



### **Respecting and supporting each other**

We agree to respect each other and the courage of coming here.

We try to support each other as best as we can.

We try to avoid putting people down or criticising them, but at the same time try to offer accurate and helpful feedback. Furthermore, simply listening with honest curiosity is often much more helpful than giving advice.



### **Sharing experiences**

We can all learn from each other's experiences.

No pressure to talk if one doesn't wish to, yet also recognise that we all will try to encourage each other with kindness to face things that we might find difficult.

If someone is feeling distressed about a topic, it is okay for us to pause and focus on that before moving on.



### **Keeping confidentiality**

All personal experiences we discuss are confidential.



### **Being open minded**

We all come from different places and have different experiences. So, we try not to think in terms of right or wrong, but rather we try to be open to the many and varied possibilities.

We want to make new experiences, so we try to be open to learning.



## Personal Practice

The group is focused on creating new brain and body patterns, so the personal practices we do and record are important for you to engage in.

We will begin each session with a check-in with how your personal practice went, celebrating successes and discussing challenges.

The personal practice is going to help you engage and get the most out of this group. We suggest you try to aim for at least 3 practices per week as we progress through this training.

Any specific recommendation that came up for this group?

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