

Community agreement

ATTENDANCE

You are not required to attend all sessions, though it is highly recommended. Replays are not provided. Instead, in the day(s) after a workshop, an email will go out to all participants with a brief summary on topics discussed.

Timeliness & focus: Well in time before workshops, make sure your video and audio works for Zoom. Eliminate other distractions; turn off your phone, and close other browser windows. Please respect everyone involved by showing up on time for all workshops.

Speaking & boundaries: Be prepared to share your voice during prompts, exercises and Q+A. You are expected to share, as it helps all participants feel safe for vulnerability and intimacy. It is also deeply healing to share your experience with others in a safe space. Know that you are never required to share anything you don't yet feel comfortable with.

When you speak, please be mindful of time. Articulate clearly, as people may have a hard time hearing or processing speech due to impairment.

Confidentiality: Personal experiences shared during sessions may *not* be shared with others without written permission.

Copyright: Do *not* share the course content with others.

SAFE COMMUNITY - Being a safe presence for others in the group

It's ok to be messy in this healing container. You are given space to release intense emotions and will be co-regulated if/as needed. Since this is true for all participants, **you also agree to hold this space for others without judgment**. Be prepared to witness others in the process of nervous system re-regulation, which may include physical, verbal, emotional and energetic release. To keep the group safe, **emotional release is *not* directed towards other participants** or facilitators while in the group. If you feel uncertain, please speak in private to the facilitator.

Take a breath before responding. Notice information from your body. Work to integrate to the extent possible, know you can ask for support, if not during, then between sessions.

Speak from your own experience, using "**I statements**". **Hold space for multiple truths and perspectives**. **Listen to witness or understand, not to fix**. Practice curiosity and compassion. Allow mistakes for yourself and others. Be willing to be in the process and in the messiness, even as it is uncomfortable.

Allow space: if you're extrovert, step aside and leave space. If you're introvert, step up and speak. Balance self care (e.g. need to take a break, to speak up or remain silent) and community care (e.g. avoid disturbing during teaching if possible) to the best of your ability.

We strive for this to be an **inclusive**, anti-oppressive space. Try to be conscious of social bias and points of privilege and oppression that live in the room, and strive for healthy dynamics between everyone present.