



Meet Your Needs & Create Better Boundaries

Group Rules & Guidelines

These rules and guidelines are what will help us create as much safety as possible during our time together. Agreeing to honour them is a requirement for attending the workshop.

How I ask that you engage with each other (the rules):

1. **Confidentiality** — Outside the group, share only your own experience and learning; do not share the names or personal experiences of others in the group that could lead to others identifying them.
2. **Feelings are welcome** and do not need to be justified or explained; honor the feelings that arise in others by allowing them to feel without fixing or advising.
3. **When sharing, speak from your personal experience** - Use 'I' statements (eg. I feel, I notice, I'm experiencing, etc.). This helps you to notice and take responsibility for your own experience. Please avoid speaking on behalf of others.
4. **Group care** — Use the names and pronouns people request, and honor the lived experience of those in the group. Don't make assumptions about people's identities and experiences (eg. regarding gender, race, sexual orientation, etc).

What I invite for your own experience (the guidelines):

1. **Invite a beginner's mind** — If you have some experience with the Wheel of Consent this is a chance to take it deeper. There is always more to learn! Everything we offer is an experiment and an opportunity to notice.
2. **Participation can look many ways** — join an exercise, witness, journal, take a break, say no to a practice, and change your mind at any time!
3. **Practice self-awareness around how you take up space** — if it's easy for you to step in and share, pause and wait a moment; if you find it challenging to take up space, practice stepping in and sharing.
4. **Self-care and nervous system regulation** — take care of your needs for water, toilet, etc; if there is something specific you need, can you find a way to ask for it?