Coming Home to Yourself Personal Renewal Group Agreements

Confidentiality: Who is in the group and what is discussed during our calls and in the Facebook group are to be kept confidential.

Safe and Sacred Space: We are creating a space that is safe for you to share your thoughts and feelings openly and honestly and that will allow you to experience whatever comes up for you without interfering. The intention of the group is to be: **supportive, nurturing, and empowering**.

Be present*:* Be here with your doubts, fears and failings as well as your convictions, joys and successes, your listening as well as your speaking. Set aside the usual distractions. Commit to joining the majority of live calls.

Co-creating: The power of group is great. We are all one another's teachers and we are coming together to create a unique experience. Be open to learning from one another. When you share openly and honestly, you empower others to do the same and help us to gain insights from one another.

Forward – moving: The group is designed to support forward momentum and helping you to move toward what you want to create as opposed to being a place to stay stuck.

No fixing, saving, advising or correcting: Each of us is here to discover our own truths, to listen to our own inner wisdom. We are not here to set someone else straight or to right another's wrong.

Speak your truth in ways that respect other people's truth: You are invited to say what is in your heart, trusting that your voice will be heard and your contribution respected. Use "I" statements. Speak only for yourself and from your own experience.

Honoring silence: Silence is a gift in our busy, noisy world, and it carries its own message. After someone has spoken, take time to reflect without immediately filling the space with words.

Have a Spirit of Discovery: Know that it's possible to leave the circle with whatever it was that you needed when you arrived, and that the seeds planted here can keep growing in the days ahead. Be open to new discoveries – a spirit of discovery helps us reconnect with our passions and embrace more creative ways of being.