



## **PR with Heart Group Consultancy**

### **Our Shared Agreements**

I agree to keep my first attention on myself and on my own experience of creating mainstream visibility and transformation.

I agree to show up fully for myself with a grounded presence to be able to receive what I need.

I agree to share and contribute to the group sessions and Facebook group and in any other spaces we create together.

I agree to take 100% responsibility for my own experience and for my own wellbeing and creativity during our time together.

I agree to look for creative solutions to challenges and communicate in ways that are creative, resourceful and solution-orientated.

I agree to ask for support and ask any questions when needed recognising that this will also benefit the group as a whole.

I agree to support and encourage other women in the group only by offering reflections about what touched me and inspired me about their sharing, rather than giving advice or offering unsolicited opinions.

I agree to refrain from giving advice or offering an opinion on any aspect of another person's share unless specifically requested by that person to do so.

I am willing to be more interested in and generative of my purpose I am committed to, than in laying blame or making a case for being victimised.

I agree to refrain from colluding in any story of victimisation and instead relate to others and myself in ways aligned with liberation and empowerment.

I realise that creating and standing visibly in the world can require courage and be transformative.

Should I find myself experiencing difficult emotions that I am not able to manage, I agree to be responsible for generating the additional support that I need. I understand that I can contact Kat for individual coaching support or for suggestions for other avenues of support.

I agree to relate to my own personal experience as part of the larger story of women's evolution.

I agree to bond with other women over our shared callings, visions and potentials and to relate in ways that serve and support our mutual development, creativity and empowerment towards realising our creations.

I agree to keep the confidence, guarding the privacy and honouring the vulnerability of those who share within our meetings.

I agree to relate to others only in ways that build respect, trust and appreciation.

I agree to abstain from using alcohol or drugs before or during our sessions.

I agree to pay invoices promptly, on time, and by the latest date given.

**Thank you to Feminine Power for the foundation and inspiration of these shared agreements.**