



PR with Heart Online Course Our Shared Agreements

The following agreements are designed to support us to create aligned with our true nature and purpose.

I agree to keep my first attention on myself and on my own experience of creating my PR approach for visibility, momentum and fulfilment in 2015.

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 agree to refrain from selling to participants during the course period.

I agree to take 100% responsibility for my experience, wellbeing and creativity during our time together and to fully show up to receive what I need.

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 questions when needed recognising that this will benefit the group as a whole.

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

I agree to support and encourage other people 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 am willing to be more interested in and generative of my purpose and intention 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 bond with other people 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 potential.

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.