

VANISH

GROUP GUIDELINES

Give and receive welcome

People learn best when everyone is welcoming, open and supportive.

What is shared in the group is by invitation, not demand

Do what feels right for you and whatever you choose has our support. On some days you may have things to share and others not so much.

Be present as fully as possible

Attend the group with all your doubts and fears as well as your joy and successes. Listening and speaking are both contributions.

Trust and learn from silence

Silence is ok – a gift in our noisy world, and a way of knowing in itself. After someone has spoken, take time to reflect without immediately filling the space with words.

Speak honestly, remaining respectful of other people's truths and beliefs

Our views may differ – respond to others with honest, open questions. Speaking honestly does not mean correcting or debating what other people say. Speak from your centre using "I" statements.

Attend to your own inner teacher

We learn from others in the group as we hear their stories and ideas but we also need to learn from within. So pay close attention to your own reactions and responses, your greatest teacher.

Observe Deep Confidentiality

Whatever we say in the group will remain with the people in the group. The learnings can be shared but not the individual stories.