

Seattle Hakomi Educational Network



Proposed Group Agreements

These statements of intention serve to establish a sense of commitment, focus and safety. They are to be considered as part of the learning process with no judgment implied if they are not fully met at all times. They are designed to help participants experience a fulfilling training.

1. I take full responsibility for my emotional, physical, spiritual and mental well-being in the workshop
2. I agree to be on time. If I am unavoidably late I will quietly join the group.
3. I agree to keep confidential any information shared by group members in the group.
4. I take full responsibility for my participation in this process.
5. I agree to be respectful and reasonable toward fellow students and instructors.
6. I agree to speak for my strong feelings not from them.
7. I am willing to have transformation happen in ways that are loving and kind to me and everyone else.
8. I understand that those in the grip of alcohol and/or drug addiction may not participate in the training unless the person is involved in ongoing treatment in a positive direction.
9. I dedicate myself to work toward the highest good for myself and others in the workshop.

Participant's Name (printed) _____

Signed _____

Date _____