

Guidelines for Accelerated Learning

Co-creating a Safe Environment

All groups that come together for the purpose of:

- ❖ learning
- ❖ creating
- ❖ communicating
- ❖ living and
- ❖ celebrating

need a safe space. A safe group environment is the basis for powerful learning. These guidelines will help us create a safe space.

The Main Principle: Acceptance

Self-acceptance is particularly helpful for a safe, empowering environment in order to learn, create, communicate, and celebrate.

The Practice

The practice starts with the intention to follow the guidelines. Know that everyone is doing their best to learn, grow, respect, and follow these guidelines.

It is my intention to...

- 1** *...maintain confidentiality.*
 - What I see and hear that is personal or specific to another within the group will stay here.
- 2** *...be open to learn with a beginner's mind.*
 - Give up judging myself, others and comparing.
 - I allow myself to “try on” and wear the information for a while, as it stands.
- 3** *...practice a positive focus.*
 - Look at what is working and focus on that.
 - Help others learn and grow.
- 4** *...connect at a deep level.*
 - I practice opening my heart to the essence of what is being taught.
 - I practice being creative and trying new ideas.
 - I practice grounding myself when I feel emotions.
- 5** *...be responsible for myself and my experience.*
 - I will try to focus on the parts that I am doing well.
 - I speak in “I” statements so I can claim my own experience.
 - I release telling others what they should do, feel, or believe, how they should act, etc.

- 6** *...practice listening deeply and with honor.*
- I am 100% engaged and focus my positive attention on the presenter or person sharing.
 - I refrain from side talk, cross talk, or interrupting when someone is sharing.
 - I refrain from formulating my response until the person sharing is complete.
 - I refrain from making repetitive comments or drawing attention to myself.
- 7** *...give only authentic and positive acknowledgment and support.*
- I am my real self while giving only positive feedback.
 - I keep it simple and speak to my experience.
 - I maintain eye contact and/or heart contact with the person to whom I am giving support, while remaining fully present in my body.
 - I see each new session as a new experience.
- 8** *...fully receive acknowledgment and support.*
- I am open to receiving acknowledgment – as the gift it is – and let it sink in.
 - I maintain eye and/or heart contact with the person acknowledging me while remaining fully present in my own body.
 - I respond with a simple “Thank you,” and I refrain from cross talk or comments back to the person acknowledging me.
- 9** *...practice self care and self responsibility, and allow others to do the same.*
- I ask for what I need.
 - When something feels like a judgment or advice, I can simply ask that it be reframed.
 - I empower others by allowing them to take care of themselves.
- 10** *...be fully present.*
- I am here on time to start and after all breaks (I’m here!).
 - I stay for the entire course (I stay here!).
 - I wear my nametag in a visible place.
 - I am free from the effects of mind altering substances (I’m conscious!).
 - I value my intuition and my multiple intelligences to guide me (I’m fully present!).

Acceptance

Can you agree to practice these standards to the best of your ability?