

Empowerment Group Guidelines

1. Confidentiality and safety: What is said within the group time remains within the group. In or out of group time, it's ok to talk about your own experience, but we won't talk about a group member who is not present, except when Catriona, as facilitator, deems it necessary to fill someone in on what they may have missed that is relevant to their growth and development.
2. Consider carefully the length of time for which you want to make a commitment. Sign up for 6 sessions initially, and give 2 sessions notice if you're leaving.
3. You will get prior information about a new member starting. Potential new members will have an orientation meeting before starting in the group.
4. As a group member, you automatically get time to talk. We begin by dividing the amount of time available by the number of members present. You may decide to decline your time, or a portion of it, as you can also learn about yourself from listening. There is also be an opportunity for everyone to give feedback.
5. We periodically discuss what the most useful(to the giver and the receiver)kind of feedback is. Hint: Keep the focus on your own internal response. The least helpful kind is an explanation, interpretation, or advice.
6. You are responsible for your membership in the group. If you commit and join the group, you will be expected to pay, except under unusual circumstances, such as illness. We'll decide as a group what weeks we won't meet in the summer and over holidays. In addition, you get one free session per 6 months completed, redeemable any time, with prior notice.