

Guidelines For Accelerated Learning

Co-creating a safe environment

All groups that come together for the purpose of:

- ❖ Learning
- ❖ Creating
- ❖ Communicating
- ❖ Living
- ❖ 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.

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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?