

COURSE GROUND RULES

1. PUNCTUALITY FOR ALL SESSIONS AND BREAKS
2. Active participation: Join in discussions, provide new or modified ideas and arguments, agree or disagree, ask questions, give feedback. You do not have to be in agreement with your instructor; you are welcome to contradict your peers and even your instructor or peers when you have sound reasons – in other words SAY SOMETHING
3. Total confidentiality during sessions and back at work, wherever need.
4. Take responsibility for your own learning.
5. Welcome and give safe and supportive feedback.
6. Do not offer personal interpretations about others' reactions.
7. Be open-minded and positive towards learning.
8. Participate in discussions. Listen to others' views.
9. Try to relate experiences. Ask questions of interest to others.
10. Cooperation not competition is the basis of the course.
11. Tolerate short-term pain in the interest of long-term gains.
12. Feel free to experiment and try different approaches.
13. You are not expected to change, you are expected to reflect, learn and then adapt or further develop the skills you need.
14. Instructors and students have joint responsibility for creating an environment where everyone feels valued, supported and respected.
15. Increase flexibility to have a greater choice of responses.
16. Have positive intent behind all your behaviour.
17. Give and take positive "strokes" to and from others
18. Use insight and self-awareness to release your potential.
19. Think about how you feel. Be inspired and inspiring.