

CREATING A SAFE SPACE FOR LIFE & LEARNING

We have found that the creation and maintenance of a safe space within a coaching conversation provides a transformative space for a coachee to experience easier and accelerated growth. Having the field of unlimited possibilities held open, coupled with a willingness to be open and more vulnerable, allows a person to move toward their passion and goals more effectively so they may more fully embrace and express their unique self.

We also know that the maintenance of this same safe space during seminars creates the same effect regarding the assimilation of life skills. Therefore, we ask that the following be honored throughout the seminar.

Acceptance – The bottom line and very foundation of these Standards of Presence is acceptance. In other words, be without judgment with regards of how you or anyone else behaves, especially in relationship to these Standards. If you were to start evaluating or comparing your behavior to these Standards you would only be setting a new set of “shoulds” for your life. Acceptance, especially self-acceptance, is the most beneficial place to stand to experience this safe space.

1. Confidentiality –

- What I see and hear that is personal or specific to another within the group will stay here.
- When sharing the essence of someone else's story, without the names and specific details, I agree to share it in an honoring manner that celebrates the original person's magnificence.

2. Adopt a stand for innocence –

- Have a beginners mind.
- Release evaluating or comparing what I am learning.
- Allow my self to “try on” and wear the information for a while, as it stands.

3. Positive focus –

- Focus on the 98% (or more) that is working. What I focus on expands.
- Fill my tank with the power of positivity.
- What I perceive in others I am strengthening in myself.

4. Connect at a heart level –

- Open my heart to the essence of what is being conveyed.
- Be willing to get “out of my judgmental mind!”
- Release the need to evaluate and judge, at least for now, in the moment.

5. When I am sharing –

- Focus on the part(s) that are magnificent – particularly in myself and particularly when I'm learning or exploring new areas.
- Speak in “I” statements – release telling others what “you should do, act, feel, believe, etc., etc.,”
- I am 100% qualified to speak about myself – not for others.
- I am encouraged to share my experience and claim it as my experience.

6. When I am listening to another share –

- Be 100% engaged and focus my positive attention on the presenter or the person sharing.
 - Refrain from side talk, cross talk or interrupting when someone is sharing.
 - Refrain from making repetitive comments or drawing attention to myself.
- Re-spect – Look again with new eyes.
 - Receive their uniqueness without reflecting myself on them
 - Release anticipating or “knowing” what that person is going to share. It’s an opportunity to be fascinated by another.
 - Look for the “gifts” being shared - their vulnerability, insights, brilliance, etc.
 - Refrain from formulating what I want to say or add to what is being shared.
- Allow the person sharing to indicate they are complete.

7. When giving acknowledgment or positive support –

- Be authentic while giving only positive feedback.
- Keep it simple and speak to the essence of what I experienced.
- Maintain eye contact with the person to whom I am giving support.
- Allow this session to stand on its own.
 - Release comparing this session to past sessions.
- Notice when I want to give unsolicited advice, criticism, counseling or consulting. Then release it without sharing it!

8. When receiving acknowledgment or positive support –

- Be open to receive the acknowledgment – as the gift it is – and let it sink in.
- Maintain eye contact with the person acknowledging me.
- Pause - take a breath – hear and repeat **their** words in your mind.
- Simply respond with “Thank you”. Refrain from “cross talk” or comments back to the person acknowledging me.

9. Take responsibility for myself and allow others to do the same –

- Maintain a safe space for myself.
- Also, when I have a judgment, I can say “Thank you for sharing.” to that voice within me and choose a new thought and focus.
- Empower others by allowing others to take care of them selves.

10. Maintain these agreements during the seminar, on the breaks and during lunch.

(I may even want to take them home with me!)

11. Additionally, for this seminar –

- Be here on time to start, after all breaks. (Be here!)
- Stay for the entire course. (Stay here!)
- Wear nametags in a visible place. (Be known!)
- Be free from the effects of alcohol or nonprescription drugs during our meetings. (Be conscious!)
- No phone, tablet, computer, or recording devices in the workshop space. (Be present!)