

HOW DO WE RELATE TOGETHER?

Community Agreements

How we choose to walk together.

Wild Hearts is not only a collection of programs, retreats, sessions, and events.

It is a community of people choosing to engage with life more honestly.

No document can create trust, belonging, respect, or genuine connection.

These qualities emerge through practice.

The agreements below are not rules to enforce perfection.

They are invitations into a way of relating that supports safety, authenticity, growth, and community.

01 **Bring yourself, not a performance**

You do not need to arrive as the strongest.

The wisest.

The most spiritual.

The most healed.

The most vulnerable.

The most impressive.

The most experienced.

You do not need to perform growth.

You do not need to perform authenticity.

You do not need to perform confidence.

You are invited to arrive as you are.

The work begins there.

02 **Speak from your own experience**

Whenever possible, speak from what you have lived, felt, observed, discovered, struggled with, or learned.

Speak from your own experience rather than speaking for others.

We are interested in reality more than theory.

Personal truth often creates more connection than certainty.

03 Listen to understand, not to fix

Many people arrive carrying a lifelong habit of solving, rescuing, advising, correcting, or improving others.

While support has its place, genuine listening is often more valuable than advice.

We practice listening with curiosity.

We practice allowing people to have their own experience.

We trust that people are often stronger and wiser than they appear.

04 Respect different paths

People arrive from different cultures, backgrounds, professions, identities, religions, philosophies, political views, and life experiences.

Wild Hearts is not built around ideological agreement.

We do not expect everyone to think the same way.

What we do ask is that differences are approached with respect, curiosity, and humanity.

05 Assume humanity before judgment

People will occasionally make mistakes.

People will misunderstand one another.

People will communicate imperfectly.

People will bring different sensitivities, histories, and perspectives.

Before moving toward judgment, we encourage moving toward curiosity.

Not because accountability is unimportant.

But because understanding often creates more possibility than assumption.

06 Responsibility is shared

Community is not something facilitators create alone.

Every participant contributes to the quality of the environment.

Every conversation matters.

Every interaction matters.

Every choice contributes to the atmosphere we create together.

Healthy communities emerge when individuals accept responsibility for the impact they have on others.

07 Honour confidentiality

Trust grows when people know they can speak honestly.

Stories, vulnerabilities, emotional processes, and personal experiences shared within Wild Hearts spaces deserve care.

Participants are asked to respect the privacy and dignity of others.

We share our own stories freely.

We treat other people's stories with respect.

08 Welcome discomfort without glorifying it

Growth sometimes involves challenge.

Disagreement.

Feedback.

Uncertainty.

Emotional activation.

Awkward conversations.

Moments of not knowing.

These experiences are not automatically signs that something is wrong.

At the same time, discomfort is not something to worship.

We are interested in learning from discomfort, not glorifying it.

09 Let nature teach

Nature is one of the central teachers within Wild Hearts.

The changing weather.

The seasons.

The terrain.

The silence.

The unpredictability.

The beauty.

The difficulty.

The cycles of life and death.

We are invited to learn from these realities rather than attempting to dominate them.

Nature reminds us that we belong to something larger than ourselves.

10 Honour both individuality and belonging

Wild Hearts values individuality.

We do not ask people to become identical.

We do not ask people to conform to a particular identity or worldview.

At the same time, we recognize that human beings need belonging.

Healthy community allows both.

The freedom to be oneself.

And the willingness to stand alongside others.

11 Feedback is part of relationship

Misunderstandings happen.

Tension happens.

Repair matters.

Whenever possible, concerns should be addressed directly, respectfully, and honestly.

Feedback is not viewed as an attack.

Nor is it viewed as a failure.

Feedback is part of how healthy communities learn and evolve.

12 We are here to become more real

Wild Hearts is not interested in creating a culture of perfection.

We are not interested in appearing evolved, enlightened, superior, or special.

We are interested in becoming more honest.

More present.

More responsible.

More connected.

More capable of meeting life as it is.

The goal is not perfection.

The goal is reality.

Community is not something we find.

It is something we practice.

These agreements are not intended to create a perfect environment.

They are intended to support a living culture built on respect, honesty, courage, responsibility, curiosity, and care.

Every participant contributes to that culture.

Every conversation shapes it.

Every encounter becomes part of it.

Wild Hearts is not defined by any one person.

It is shaped by how we choose to walk together.