

WHAT DO PARTICIPANTS AGREE TO?

Participant Agreements

Entering the work with clarity, responsibility, and respect.

Wild Hearts experiences are built on trust.

Trust between participants.

Trust between participants and facilitators.

Trust between people and the process itself.

These agreements exist to help create environments where meaningful work can happen safely, honestly, and responsibly.

They are not intended as a list of rules.

They are intended as shared commitments.

01 I participate by choice

My participation is voluntary.

I choose to be here.

I understand that I am free to leave, pause, decline, question, or step back from an exercise, activity, conversation, or process at any time.

I understand that meaningful participation requires personal choice.

02 I take responsibility for my experience

Facilitators can provide guidance, structure, support, challenge, and reflection.

They cannot live my experience for me.

I understand that my emotions, decisions, reactions, interpretations, and choices remain my responsibility.

I commit to engaging honestly with my own process.

03 I communicate when something feels important

If I feel unsafe, overwhelmed, confused, physically unwell, emotionally activated, concerned about another participant, or uncertain about an exercise, I agree to communicate this as clearly as possible.

Facilitators cannot respond to needs they do not know about.

Communication is part of participation.

04 I respect my own limits

I understand that challenge may be part of Wild Hearts experiences.

I also understand that there is a difference between meaningful challenge and ignoring my own capacity.

I commit to listening to my body, my nervous system, and my wellbeing.

I understand that asking for support, slowing down, resting, or declining participation may sometimes be the most responsible choice available.

05 I respect the limits of others

Every participant arrives with a different history, personality, life experience, nervous system, and level of readiness.

I agree not to pressure, diagnose, fix, advise, persuade, rescue, shame, or judge other participants.

I commit to allowing others their own pace and their own process.

06 Confidentiality matters

Personal stories, emotional disclosures, and sensitive experiences shared by participants deserve respect.

I agree not to share another participant's personal story, process, or confidential information without their explicit permission.

While confidentiality can never be guaranteed in a group setting, I commit to contributing to a culture of trust and discretion.

07 I understand that discomfort may arise

Growth, learning, and self-discovery sometimes involve uncertainty, vulnerability, grief, frustration, fear, sadness, joy, challenge, or emotional intensity.

I understand that discomfort is not automatically a sign that something is wrong.

At the same time, I understand that I can communicate concerns, ask questions, and seek support whenever needed.

08 I will not participate under the influence

Unless explicitly agreed upon as part of a specific program and clearly communicated in advance, participants are expected not to attend activities while under the influence of alcohol, recreational drugs, or substances that may significantly impair judgment, awareness, safety, or participation.

This agreement exists to protect both individual and collective wellbeing.

09 I respect the environment

Many Wild Hearts experiences take place in natural environments.

I commit to treating these places with care and respect.

This includes respecting wildlife, vegetation, facilities, local communities, and the broader ecosystems in which the work takes place.

The environment is part of the experience, not simply the backdrop.

10 I respect the group

Meaningful group work depends upon mutual respect.

I agree to contribute to an atmosphere of curiosity, honesty, dignity, and care.

Differences of opinion, background, worldview, culture, identity, and life experience are welcome.

Respect is expected.

Harassment, intimidation, discrimination, or abusive behaviour are not.

11 I understand the limits of the work

I understand that Wild Hearts programs are not emergency mental health services, psychiatric treatment, medical care, or crisis intervention.

I understand that participation does not replace appropriate professional support where such support may be needed.

If facilitators recommend additional support or referral, I understand that this recommendation is made in the interest of safety and wellbeing.

12 Integration is part of participation

The value of an experience is often determined by what happens afterwards.

I understand that meaningful insights, emotions, challenges, and discoveries may continue to unfold following a session, retreat, circle, or program.

I accept responsibility for my own integration and commit to seeking support when needed.

Participation does not end when the event ends.

13 Feedback is welcome

Wild Hearts values honest communication.

If something feels unclear, uncomfortable, impactful, supportive, challenging, or concerning, I am encouraged to communicate this.

Questions, concerns, and feedback help strengthen the work and contribute to a culture of accountability.
