

HOW DO I KNOW IF THIS IS APPROPRIATE FOR ME?

Participation & Health Considerations

Choosing the right support at the right time.

Wild Hearts believes that meaningful growth requires both courage and discernment.

Not every experience is appropriate for every person.

Not every challenge is supportive at every stage of life.

Not every program is the right fit for every situation.

This document exists to help participants make informed decisions about their involvement in Wild Hearts programs, retreats, sessions, circles, trainings, and experiences.

The intention is not to exclude.

The intention is to support wellbeing, safety, and appropriate participation.

01 Participation begins with honesty

One of the most important foundations of this work is honesty.

Not only honesty with facilitators.

But honesty with ourselves.

Before joining a program, retreat, coaching process, expedition, circle, or training, participants are encouraged to honestly consider:

- Their current emotional wellbeing
- Their physical health
- Their mental health
- Their available support systems
- Their current life circumstances
- Their capacity for challenge and integration

The strongest decision is not always participation.

Sometimes the strongest decision is waiting.

02 Different programs require different capacities

Wild Hearts offers experiences with varying levels of emotional, relational, physical, and environmental challenge.

Some experiences are gentle and exploratory.

Others may involve:

- Significant self-reflection
- Emotional intensity
- Group processes
- Physical exertion
- Solitude
- Nature immersion
- Environmental exposure
- Extended personal responsibility

Participants are encouraged to carefully review program descriptions and communicate openly about any concerns or limitations.

03 Mental health matters

Wild Hearts welcomes people from many different backgrounds and life experiences.

At the same time, there are situations where additional support may be necessary.

Participation may not always be appropriate for individuals currently experiencing:

- Acute psychiatric crisis
- Severe psychological instability
- Active psychosis
- Significant suicidal crisis
- Severe substance dependence
- Conditions requiring immediate specialist care

This does not mean someone is broken.

It simply means that different forms of support may be more appropriate at different times.

Wild Hearts encourages individuals to seek the support that best matches their needs.

04 Physical health matters

Many Wild Hearts experiences involve movement, outdoor environments, walking, hiking, physical activity, changing weather conditions, or extended periods outdoors.

Participants are encouraged to communicate relevant health considerations that may impact safety or participation.

This may include:

- Medical conditions
- Physical injuries
- Mobility limitations
- Significant allergies
- Medication considerations
- Environmental sensitivities

The goal is not exclusion.

The goal is informed participation.

05 Medication and professional support

Participants currently working with physicians, therapists, psychologists, psychiatrists, or other healthcare professionals are generally encouraged to continue those relationships.

Wild Hearts does not ask participants to discontinue treatment, medication, therapy, or professional support.

In many cases, existing support networks can be valuable resources for integration and ongoing wellbeing.

06 Challenge requires capacity

Some Wild Hearts experiences intentionally include challenge.

Challenge may appear in many forms:

- Emotional vulnerability
- Honest feedback
- Physical effort
- Solitude
- Group dynamics
- Uncertainty
- Nature-based experiences
- Encounters with personal limitations

Challenge can be valuable.

However, challenge becomes meaningful only when it meets capacity.

Participants are encouraged to honour their limits and communicate when additional support may be needed.

07 There is no shame in stepping back

There may be situations where participation is postponed, modified, interrupted, or discontinued.

This may occur because of:

- Health concerns
- Personal circumstances
- Safety considerations
- Capacity limitations
- Significant life transitions

Stepping back is not considered failure.

Sometimes stepping back is an act of wisdom, self-respect, and responsibility.

08 We may occasionally recommend alternative support

There may be situations where Wild Hearts facilitators believe that a participant would be better supported through:

- Medical care
- Psychological care
- Psychiatric care
- Specialist support
- Additional therapeutic support
- Alternative programs

When such recommendations are made, they are offered with care and respect.

The purpose is not exclusion.

The purpose is supporting the wellbeing of the participant.

09 Readiness is not perfection

People do not need to have everything figured out before participating.

You do not need to be fully healed.

You do not need to be emotionally stable all the time.

You do not need to have your life in order.

Human beings arrive exactly as they are.

What matters most is a willingness to engage honestly, responsibly, and openly with the experience.

Readiness is not perfection.

Readiness is willingness.

10 Participation is a partnership

Meaningful experiences emerge through cooperation between participants and facilitators.

Facilitators bring structure, experience, support, and guidance.

Participants bring honesty, communication, self-awareness, and responsibility.

The quality of the experience depends on both.

Participation is not something that happens to you.

It is something we create together.

11 Growth continues after the program ends

Many meaningful experiences continue to unfold long after a retreat, training, coaching process, expedition, or circle has ended.

Participants are encouraged to consider:

- How they will integrate what they learn
- Who they can turn to for support
- What practices support their wellbeing
- How they will continue caring for themselves afterwards

Integration is not separate from the work.

Integration is part of the work.

12 Trust your own wisdom

No document can determine whether a program is right for you.

No facilitator can fully know what is best for you.

Ultimately, participation requires personal discernment.

If something feels aligned, explore it.

If something feels too much, listen carefully.

If you are unsure, ask questions.

Wild Hearts values informed choice more than unquestioning commitment.