



## Our Commitment

At **SHE. FULLY ALIVE**, we strive to create a sacred and respectful space where each woman can safely reflect, share, and grow. **These guidelines help us co-create that space and apply to all participants.**

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### Safe and Respectful Environment

- We allow equal time for all people to use their voice
  - We listen deeply and with care.
  - We honor confidentiality: *what is shared here stays here.*
  - We speak from our own experiences using *I statements.*
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### No Fixing, No Advice-Giving

- We do not try to fix or rescue others.
  - We resist the urge to offer advice unless it is specifically asked for.
  - We trust that each person has inner wisdom to navigate their journey.
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### No Judgment

- We suspend judgment of ourselves and others.
  - We welcome differences and diverse perspectives.
  - We approach each other with compassion and curiosity.
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### Shared Responsibility

- We co-create this space by being present, mindful, and kind.
- We allow silence and reflection to be part of our dialogue.

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### **Gracious Communication**

- We listen without interrupting.
- We speak thoughtfully, from the heart.

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***Together, we create a space where we can reflect, reimagine, and rise — fully alive.***