



Workshop Confidentiality Agreement

We agree to:

- Respect every individual's way of working and interpretation of My Way Code
- Respect every individual's right (including yourself) to share or not, in a group or one to one setting
- Keep all discussions and disclosures in the session confidential
- Not to refer to another person's contributions in the workshop in any other setting unless they invite or give permission for you to.
- Be mindful of any information you may already have about another group member during the workshop
- Be patient with your own and other people's learning styles and pace.
- Raise any concerns with the facilitator/s as the need arises.
- Commit to ongoing learning and developing our insight into how mental health affects us all.