

## Group Contract

### **As a group member I agree to:**

1. Attend each group session, or call one day before the group meeting to explain my absence.
2. Arrive on time for each group session.
3. Commit to participating in group for a period of 12 weeks.
4. Not talk about anything that occurs in the group to anyone outside the group, unless it applies only to me and no other group member.
5. Carry out all assignments agreed to in group before the next group session, when applicable.
6. Participate in group by sharing my experiences, and by giving feedback to other members.
7. Give the group three weeks' notice before terminating my participation.

I understand that I will be paying \$160-\$200 per month (\$40.00 per meeting) for my spot in the group, rather than for the sessions that I attend.

### **As the group leader I agree to:**

1. Be prepared for each group session.
2. Begin and end all group sessions on time.
3. Create and promote a safe environment in which group members can explore and share.
4. Discuss the group only with my colleagues as needed for consultation, and not outside the work context.
5. Provide assignments tailored to group members' needs, when applicable.
6. Listen actively and provide feedback to group members.
7. Ongoing evaluation of the group process and how this is meeting individual members' needs.

---

Group member

Date

---

Group leader

Date