

# GROUND RULES

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The Action for Happiness course is open to all and designed so that it can be set up and run by anyone who supports Action for Happiness, without the need for special expertise.

Because we are using this 'open and trusting' model for the course, it is important that all participants agree to some ground rules to respect and support each other. These will help ensure that the course runs smoothly and remains true to its underlying principles.

- 1) **We welcome different perspectives.** The course welcomes people from all backgrounds and points of view. There are no single right answers to these questions and all constructive perspectives are welcome.
- 2) **We are supportive and friendly.** The general spirit of the course is one where we treat each other in a supportive and friendly way. We may not always agree with each other, but we always treat each other the way we would like to be treated ourselves.
- 3) **We let everyone have a voice.** We respect each other by giving everybody the chance to contribute, listening to each other and not dominating or disrupting the conversation.
- 4) **We use the expertise in the room.** Although the course includes expert views and carefully designed materials, the real expertise is here in the room too. Our facilitator's role is to lead the session, not act as the expert. We can all contribute to each others learning and what we get out depends on what we put in.
- 5) **We share a bit of ourselves.** We are each willing to share some of our unique personal perspectives. This is NOT group therapy and no-one should feel under pressure to say anything. But the best conversations tend to happen when we're willing to reveal a bit about ourselves and share how we feel inside, not just our intellectual ideas.
- 6) **We act with integrity.** We respect other people's confidentiality and trust others to do the same for us. We are willing to speak up if we feel other members of the group are not keeping to the spirit of the course or not showing respect for other participants.
- 7) **We are present.** We avoid distractions from phones or other devices so we can stay present in the room and give our whole selves during each session. We try not to derail the conversation and respect each other by allowing sessions to start and end on time.

All participants have a responsibility to ensure these ground rules are observed. If anyone feels they are not, they are encouraged to raise this in the group in a constructive way.