

# ALIGNED

## Transformational Program With Rony Reingold

### Course Shared Agreements:

I agree to the following:

1. Confidentiality. In order for everybody to feel safe, I agree that whatever is shared during all of the Q&A calls, module recordings and on the private Facebook community page, is kept completely confidential. To do the work in ALIGNED means to do work that is deeply personal and in some cases private. And so I agree to keep everybody's information and sharing's confidential. Whatever is shared on the FB community page does not leave the Facebook community page, unless I have received direct permission from the person sharing to do so.
2. Participation. I will participate because I am here to learn. In order to receive the most valuable experience, I agree that I will participate and share regularly. For the sake of my own growth and the richness of the group experience, I will step out of my comfort zone, I will raise my hand and participate in this course. I understand that the more I put into it, the more I will get out of it.
3. No Fixing. Because everyone is Naturally Creative, Resourceful and Whole, I agree to not "fix" anyone else in the class by telling them how to change or improve themselves. I trust they will receive the insights and growth that they need from the course.
4. No Networking. I agree to keep this group a sacred learning community and therefore I will not use the group forums, both in the live calls and the private Facebook community, as a place to promote my events or to create business contacts. Instead, I will focus on using the shared group spaces and experiences as an opportunity to support my classmates and deepen my own learning. It is fine to network outside of class if it feels appropriate for everyone involved to do so.
5. Self Care. I understand that I have permission to put myself first and practice self care, even if it may disappoint others in my life. This means being 100% responsible for my own well-being during the course. I allow

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others to practice self care as well.

6. Complain Free Zone. I understand that my participation in this course is contributing to a larger force field of energy that will hold the space for everyone's individual work and so I agree to keep my contributions generative, encouraging and based in the perspective of possibility for change. While I can be authentic at all times, I agree to not complain on the private Facebook page. Instead, I'll use this wonderful opportunity to be curious, authentic and growth oriented.