

Assisting Agreement

As an assistant in the Release & Renew™ Weekend Intensive, I agree to:

1. Participate in all exercises 100%, modeling willingness, risk, and vulnerability.
2. Hold a peaceful, respectful, sacred and safe space for the new participants, fellow assistants, facilitator, and mySelf.
3. Arrive by 8:30am on Saturday and Sunday.
4. Stay until complete with clean up, packing, and loading on Sunday.
5. Be 1-2 minutes EARLY for each session, throughout the Intensive.
6. Help prepare, serve, and clean up meals
7. Help keep the space and circle free of chaos and clutter.
8. Take 100% responsibility for my personal experience as well as my role as an assistant.
9. Honor all agreements set forth in the R&R™ Guidelines and Agreements.

I will purchase the prepared meals for Saturday and Sunday for \$30. ____
Food requirements/allergies: _____.

My name is _____.

I agree to assist the R&R™ Intensive on the weekend of _____.

My intention for the weekend is _____.

I will help create that by _____.

I understand and agree to the Assisting Agreements outlined herein.

Assistant Signature

Date