

## Assisting Agreement

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

1. Commit to participate in the weekend by paying the assisting fee of \$\_\_\_\_\_ thirty days in advance. By doing so, I am modeling the willingness to **take action** on my decision/commitment to attend. I understand the assisting fee covers my room and meals for the weekend and is non-refundable and non-transferable. I also understand that my service is in exchange for my space in the circle and the opportunity to use the process for myself.
2. Get the word out! I will support the out-reach of this work by working with my team/community to inspire and encourage others... i.e. sharing my experience with others and inviting them to participate; forwarding announcements and invitations (from the Center); referring interested leads to the Center or to someone on the team who can serve them.
3. Attend the pre-weekend Assistants' Circle.
4. Attend the scheduled Follow-up Session.
5. Arrive at the retreat space by 5pm on Friday, for set up of space and kitchen.
6. Stay until complete with clean up, packing, and loading on Sunday.
7. Be 1-2 minutes EARLY for each session, throughout the Intensive.
8. Help prepare, serve, and clean up meals.
9. Help keep the space and circle free of chaos and clutter.
10. Take 100% responsibility for my personal experience as well as my role as an assistant.
11. Participate in all exercises 100%, modeling willingness, risk, and vulnerability.
12. Hold a peaceful, respectful, sacred and safe space for the new participants, fellow assistants, facilitator, and mySelf.
13. Honor all agreements set forth in the R&R™ Guidelines and Agreements. (As outlined in Friday's Session of manual)

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 \_\_\_\_\_.

Food requirements/allergies: \_\_\_\_\_.

I understand and agree to the Assisting Agreements outlined herein.

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Assistant Signature

Date