

## 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 8:00am on Saturday and 8:30am Sunday.
4. Stay until complete with clean up, packing, and loading on Sunday.
5. Be 2-3 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 \$50. \_\_\_\_

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.

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Assistant Signature

Date