



InspireMe360 Confidentiality & Community Agreement

To be signed upon arrival

Participant Name: _____

Retreat Dates: _____

Location: _____

Purpose of This Agreement

The intention of this agreement is to create a space where each participant feels safe, seen, and respected. By entering this retreat, you are stepping into a community committed to healing, growth, and sacred transformation. This document outlines the shared values and responsibilities that help protect our collective experience.

1. Confidentiality

- I agree to keep all personal stories, emotional expressions, and revelations shared by others confidential.
- I understand that this is a sacred container, and I will not share another participant's journey outside the retreat—verbally, online, or otherwise.
- I will not take photos, videos, or recordings of others without their explicit consent.

2. Respect for Others

- I agree to treat each participant, facilitator, and staff member with dignity, compassion, and non-judgment.
- I honor each person's unique path and agree to avoid giving unsolicited advice, projecting beliefs, or dominating conversations.
- I understand that retreat spaces may include individuals of different genders, races, religions, orientations, and experiences. I commit to inclusion and kindness.

3. Emotional Safety & Consent

- I understand that some sessions may involve emotional release, movement, or physical contact.
- I agree to speak up if I feel uncomfortable and to honor the boundaries of others.
- I will not engage in touch, healing, or intense emotional sharing with others without their verbal and enthusiastic consent.



4. Presence & Participation

- I agree to be fully present for the duration of the retreat (unless excused due to illness or emergency).
- I will limit the use of technology and social media to preserve the sacred container.
- I recognize that I am responsible for my own healing and will participate to the best of my ability.

5. Holding the Container

- I understand that each individual contributes to the collective energy of the retreat.
- I commit to non-disruptive behavior and will not engage in gossip, argument, manipulation, or negativity.
- I agree to honor silence when requested and respect ceremonial spaces.

6. Breach of Agreement

I understand that failure to honor this agreement may result in my removal from the retreat space, at the discretion of the facilitators, without refund.

Final Agreement

By signing below, I agree to uphold the spirit and terms of this agreement. I understand that the safety, sacredness, and success of this retreat depends on each of us showing up with integrity, openness, and love.

Participant Signature: _____ Date: _____

Printed Name: _____

Facilitator Signature (InspireMe360): _____ Date: _____