

FULL VALUE CONTRACT

This full value contract asks you to agree to these five commitments as guidelines for group participation.

Because I care about myself and my group, I agree

To Work Together with my group in order to achieve both my own goals and the goals of the group. I will support the group in achieving our goals.

To Be Safe, Emotionally and Physically. To take care of myself and my group's physical and emotional safety. This includes having a positive attitude, respecting each other, avoiding put-downs, and following directions.

To Give & Receive Honest Feedback/ To Listen- To tell others what I am thinking and feeling and to listen to what others have to say to me.

To Grow- To try new things and to step out of my comfort circle and take appropriate risks which I can learn from.

TO Have FUN! To play and have fun in a safe manner and with a positive attitude.

Participant's Signature