

MENS MEDICINE METHOD

COMMITMENT

Statement

At Mens Medicine, we are committed to fostering a transformative and supportive environment for all participants in our Breathwork & Facilitation Training. We believe in the power of personal growth, self-awareness, and positive change. By signing this commitment statement, you acknowledge and commit to the following:

1. **Learning & Growth:** I commit to an attitude of perpetual learning and growth. I will approach each session with curiosity and an open heart, recognizing that every experience holds the potential for insight and development. I will embrace challenges as opportunities for personal expansion.
2. **Engagement & Participation:** I commit to active engagement and wholehearted participation. I understand that my presence and contributions are integral to the learning process, and I will engage in all training exercises and discussions with enthusiasm and authenticity.
3. **Confidentiality:** I commit to upholding the trust and confidentiality of my fellow participants. I understand that our shared experiences may be deeply personal, and I will safeguard the privacy of all training participants by refraining from sharing sensitive information outside of the training space.
4. **Community:** I commit to fostering a supportive and inclusive community. I will respect the diversity of backgrounds, beliefs, and experiences within our group. I will contribute positively to our collective learning environment, offering support, encouragement, and empathy to my fellow participants.
5. **Self Leadership:** I commit to self-leadership and accountability. I understand that my personal growth requires self-awareness and responsibility. I will actively apply the skills and insights gained during this training to my life, taking ownership of my own transformation.

By signing this commitment statement, I affirm my dedication to the values and principles outlined above. I understand that my commitment plays a crucial role in co-creating a meaningful and enriching training experience for myself and others.

Signature: _____ **Date:** _____

