



SeSyl Consulting - Helping you grow

Online Self-Awareness Group

Group Guidelines & Agreements

For the group to be truly supportive, safe, and nurturing, it's important that we all hold ourselves to a few shared principles. These guidelines are not restrictions – they are foundations that provide direction and protection for our work together.

Acceptance & Non-Judgment

Everyone moves at their own pace. This is not about “functioning well,” there is no evaluation, no unsolicited advice. Every feeling, experience, or state is welcome here. The essence of this space is unconditional presence and attentive listening.

Speaking in “I” Statements

You are invited to speak openly and honestly from your own experience – using “I” language. We don’t analyze or give advice to others. Instead, we share what is alive in us. This deepens connection and supports authenticity.

Confidentiality

What is shared in the group stays in the group. Mutual respect is the foundation of safety: what someone entrusts here remains here. We all share responsibility for maintaining this trust.

Personal Responsibility

Each participant is responsible for their own journey and presence. We don’t “fix” each other – we hold one another with care while each person works on their own themes. The process is shared, but the direction comes from within.

Body Awareness

The wisdom of the body is central in this group. Gently guided practices help you notice sensations, impulses, and movements. The body doesn’t give “answers,” but it opens a gateway to yourself. The focus is not on performance, but on honest connection.

Support & Boundaries

Connection and support are valued – and so is respecting each other’s boundaries. Sharing is always voluntary. You belong here even if you simply listen. At the same time, it is important to sense and express your own boundaries.

This is a living, evolving space we hold together – with presence, attention, and humanity. The guidelines are not limitations but safe foundations. Whatever you bring – feelings, body sensations, words, or silence – is a valuable part of our shared journey.



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Technical Guidelines – For a Safe Online Space

Our meetings take place on **Google meet**, and we co-create a sense of safety by observing the following:

Camera On

Whenever possible, please join with your camera on. This supports connection and the sense of live presence. If you cannot for some reason, please let us know in advance or at the start of the session.

Quiet, Private Space

Join from a place where you feel safe and undisturbed. Use headphones if others are nearby – this helps protect the group's intimacy.

Notifications Off

Please turn off phone and computer notifications during the session. This supports deeper presence.

Punctual Arrival

We start on time. If you join late, please enter quietly (e.g. keep your microphone muted when entering).

Microphone Use

Keep your microphone muted unless speaking. This helps ensure a smooth flow for everyone.

Trust, presence, and authenticity can be cultivated online – when we care for them together.
Thank you for being part of this space.