

Wellness Contract

My name is

and from this course I expect to

I want to learn.....

I want to try

At its end, I wish

I am aware, **that I am the only expert on my health and my life**, and if I want things to be better, it is my responsibility to do something about it.

I can use the STOP rule and step out of a discussion or activity without explaining my reasons. I fit is necessary, I can leave the classroom, the door is always open.

When somebody speaks, I listen without judging and I can share my own opinion or question.

There is not right or wrong answer, just as there is no right or wrong question. I ask WHY – I try to understand the topic, I don't have to agree with it.

All information shared in this course are confidential and I will not discuss them with anybody outside of this group or room.

I will come to our class in time (around 16,15) to help with preparation of the room, and **If I cannot attend the class, I will inform my buddy in advance.**

I will fulfill my homeworks before the following seminar. Even if they might sometimes feel strange, I try the activity and later make my own opinion.

My buddy for this course will be _____.

Signature

Signature