SESSION 1: LEARNING CONTRACT TIPS

This exercise is based on *authentic relating,*which uses exercises to teach and practice skills such as curiosity and empathy which are necessary to quickly create deep, meaningful human connection. The aim is for participants to realise they are not alone in their questions / concerns / hopes, and to co-create an agreement for learning and being together.

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| Duration | 30 minutes |
| Materials | Post-its, 1 large flipchart, 1 flipchart on stand + pen to write learning contract ​ |
| Preparation | Hang up a flipchart entitled “Expectations, hopes and concerns” |
| Facilitators | 2   * 1 facilitator to lead the activity & discussion * 1 assistant to manage the flipchart (categorise the post its) and to write the learning contract |

# Assistant Instructions

1. Give each participant 2 post its
2. As participants read the post-its, start to categorise them on the flipchart
3. Once all post its have been read and stuck on the flipchart, review the categories together.
4. As the lead facilitator discusses each category and reaches an agreement with the group, note down the final agreement on the Learning Contract flipchart

## Possible Categories

1. Physical Safety and Security
2. Psychological safety (non-judgmental attitudes, respect etc.)
3. Confidentiality (content, stories, experiences shared within the group)​
4. Privacy (personal image, data, social media)​
5. Consent and Choice\* (participating in activities etc.)
6. Health and wellbeing ​
7. Discrimination and abuse ​
8. Presence (missing sessions, paying attention in the training room etc.)
9. Phones and other electronic devices
10. Time keeping​
11. Environment (keeping space clean and tidy, using resources minimally etc.)

\*Consent & choice: re-enforce that although many of us will not have learned this during our time in education, we fully support your choice to sit out, not speak / share, not participate, remove yourself from the room or take a break if that is the healthier choice for you. ​