

WORKSHOP GUIDELINES

1. Respect and consent

We respect everyone's names, preferred pronouns, expressed identities, and experiences. We avoid making assumptions, promote mutual appreciation, and understand that no one is required to share information about their identities or experience(s). We encourage compassion, consideration and openness. If pronouns are new to you that's ok! But please familiarise yourself before your course so we can make sure everyone feels comfortable. [Here](#) is a quick & friendly guide around using pronouns.

2. Presence and listening

We are open and respect different opinions, experiences, and learning styles. We foster a spirit of mutual respect: Listen to the wisdom everyone brings to the group. We give each person the time and space to speak. Avoid giving others instruction unless asked to do so - self-empowerment is a crucial part of our space.

3. Acknowledging privilege

We think about the space we take up and our own privileges (including less obvious/ invisible hierarchies) and who is talking. In Our Hands is a place where communities cross and share - be considerate of your language and opinions!

4. Shared responsibility for self and others

We are not here to compete or judge - be patient and gentle with yourself, and also others. If you need to take a break, make a tea, sit in the garden, you can do that whenever you like. Don't let FOMO (fear of missing out) obscure your needs. If you are experiencing any personal difficulties and would like some support, please talk to staff.

This is a trans and non-binary inclusive space!

We will not tolerate any bullying language or behaviour and will challenge discrimination of any kind, including racism, homophobia, transphobia, sexism, ageism, ableism, classism or any other prejudice of a person. If not resolved you will be asked to leave.