



A DEEPER CONNECTION

Weekly online meetings that aim to build on the opportunities that a diagnosis of cancer presents for exploring the biggest questions in life - led by Robin Daly

This is a reminder of the intentions of the group and the ways we agree to work together to provide the most supportive and creative way of meeting:

General

- The intention is for the group to be a guided exploration, non-prescriptive, but aiming to keep within the topic of Finding a Deeper Connection and all its associated aspects
- Robin's role is as facilitator, to keep the discussions on track and to introduce topics, but he's also happy to share his personal experience
- Robin is always open to suggestions as to what we explore next

'Ground Rules'

- **Support each other:** Strive to create a safe environment so people can talk honestly, openly and with kindness to self and others
- **Confidentiality:** Respect confidentiality; we don't share any information (even names) outside the group without clear permission
- **Welcoming all:** Actively create an atmosphere of welcome and ensure that all who want to speak get the chance
- **Respect:** We respect others' choices and opinions, even though they may differ substantially from our own
- **Don't give advice:** While we encourage sharing of information and ideas, we don't give advice to others in the group
- **Get help when needed:** If we need help, we take responsibility for reaching out; Yes to Life's Helpline is a great place to start

Practicalities

- If you unexpectedly have to leave a meeting for some reason, please leave a note in the chat with some sort of explanation, so we know if you are okay
- We generally have our cameras on in the meetings in the interests of openness and support. If you feel you have a valid reason for keeping yours off, then please let Robin know ahead of the meeting, so we can discuss how best to proceed
- There are no 'have-tos' about speaking in the meeting, but it's generally true to say that you will gain more by engaging and speaking, as will everyone else – from your participation. If you haven't spoken much, Robin may invite you to, to create an opportunity for you to speak should you want to, but there is absolutely no compulsion to 'come up with something'
- Dropping in to an occasional meeting is fine, as is just listening, but regular attendance and getting engaged will make the meetings much more powerful, both for you and everyone else