



## **Sharing Guidelines for Breakouts:**

- Decide an order for dream sharing.
- Keep to the Lightning Dreamwork format
- Always respect others, don't judge or give advice unless asked
- If you have knowledge, a tool or resource you think might support a group member, ask permission before offering.
- Speak from your own experience
- Silence can be a beautiful way to hold space for others
- Keep it confidential
- Stay on topic
- Listen deeply
- Accept imperfection and discomfort
- Appropriate acknowledgements are powerful
- Take responsibility for the quality of your own experience
- Enjoy!