

## Guidelines for Men's Assertiveness Group

- 1. Confidentiality** - everything shared in the group is confidential and is not to leave the room. The group needs to develop this trust.
- 2. Safety**- the group should be a safe place regarding physical/emotional harm.
- 3. Acceptance** - the group accepts members just as they are and avoids making judgments.
- 4. Discussion** - the group does not discuss group members who are not present.
- 5. Begin and End on Time** - meeting will begin and end on time: 5:15 pm and end at 7 pm. In the beginning the group will be online utilizing zoom.us with video conference. Depending on how things go with the pandemic, we may all meet in person, or for those who would like to, as long as it is safe to do so and everyone signs and follows safety guidelines. If this becomes the case, I would recommend everyone getting there 10 to 15 minutes early. This will ensure that we start on time and we will be done promptly at 7 pm each time. If you will be a few minutes late please text me at 980-263-9608. (Please save this number now).
- 6. Attend all meetings**-- if you must miss a group session due to an emergency or an event you cannot get out of, please call me as soon as you at (980-263-9608). This group will only be as effective as your attendance and participation. Please speak to me afterwards if you have a specific date that you cannot attend during the group. To remain part of the group, no more than 1 excused absences will be allowed. \*If you need to miss more than one group, this will be discussed on a case by case basis.
- 7. Be Respectful when other group members share:** No cross talk (talking over the other person or with another group member when someone is sharing.
- 8. Feedback and challenging:** The group will need some time to build trust, therefore a group member can ask another group member a clarifying question.



In time group members may also challenge others in a non-shaming way. The group facilitator will ensure that this is done effectively.

9. \_\_\_\_\_  
\_\_\_\_\_  
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**\*By signing below each group member states that they understand and will abide to each group guideline.**

\_\_\_\_\_  
**Signature**

\_\_\_\_\_  
**Date**

### **Commitment and Dates:**

2020 dates, Every other Wednesday.

Aug 19<sup>th</sup>, Sept 2<sup>nd</sup>, September 16<sup>th</sup>, September 30<sup>th</sup>, October 14<sup>th</sup>, October 28<sup>th</sup>, Nov. 11<sup>th</sup>, Dec. 2<sup>nd</sup>, Dec. 9<sup>th</sup> and Dec. 16<sup>th</sup>.

**Book required by the first session: [Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead](#) by [Brené Brown](#) | Apr 7, 2015. You can purchase this on Amazon.**

**Time:** 5:15 pm to 7 pm (In order to ensure that every group member receives the greatest experience, please be early).

**Cost:** The group sessions will be \$70.00 per group and will be charged in monthly increments. **\*Each group session will be charged, regardless of having to miss the group session due to emergency/vacation/sickness or work. I will ask that you do not miss more than one group if possible.**

\_\_\_\_\_ **Initial here**

**Assignments for home:** There will be some assignments that will be assigned to be done in between the groups at home. You will learn and in my clinical opinion, grow the most, if you do these assignments.



**Participation:** As a group member you may choose to not engage in a certain activity or question that you do not feel comfortable with, however; in my experience those that actively participate receive the best results from this group.

Contact Information: [David@charlottecounselors.com](mailto:David@charlottecounselors.com) or 980-263-9608.

**\*By signing below each group member agrees to the information listed on page 2.**

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**Signature**

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**Date**