**Wellness Contract**

My name is …………………

**and from this course I expect to** ………………………………...

I want to learn…………

I want to try …………

At its end, I wish …………

I am aware, **that I am the only expert on my health and my life**, and if I want things to be better, it is my responsibility to do something about it.

**I can use the STOP rule and step out of a discussion or activity** without explaining my reasons. I fit is necessary, I can leave the classroom, the door is always open.

**When somebody speaks, I listen without judging and I can share my own opinion or question.** There is not right or wrong answer, just as there is no right or wrong question. I ask WHY – I try to understand the topic, I don’t have to agree with it.

**All information shared in this course are confidential** and I will not discuss them with anybody outside of this group or room.

I will come to our class in time (around 16,15) to help with preparation of the room, and **If I cannot attend the class, I will inform my buddy in advance.**

**I will fulfill my homeworks before the following seminar.** Even if they might sometimes feel strange, I try the activity and later make my own opinion.

**My buddy for this course will be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**

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*Signature Signature*