



Norwich Mens Circle - Code of Respect and Accountability

Norwich Men's Circle is a safe space for all men to connect, share and support.

Expectations:

Here is some guidance on expectations of the circle to ensure everyone feels safe, supported and connected.

- **Turn up on time** — Once the circle has started it has to be honoured so if you are late then you will have to forgo your space for this week.
- **It is a sober space** — so please do not come to the circle under the influence of alcohol or recreational drugs.
- **Be Accountable** — We shall each have our chance to share, so by turning up please be prepared to listen to the facilitator, speakers and other men in the circle.
- **Be Respectful** — Every man within the circle is welcomed to share what they are feeling with the group. This may sometimes be a big thing for someone to release, so let us all be patient and supportive to each other. We are all on our own unique journey, so you are invited to listen and to learn from the wealth of experience that we each hold within ourselves.
- **Be Kind** — we all have a responsibility to hold space for each other. By all being kind and supportive we encourage the right energy to flow through and around the circle
- **Feel Free** — Men's Circles are an opportunity to let go and feel free, to be able to feel vulnerable, to be a rock, to be a friend, to make connection, to learn, to release and to grow.

- Make the most of the opportunity and enjoy being in the presence of positive and divine masculine energy!

Payment Policy

Payments to be made before each circle when booking.

There is a budget price £4 for those who may be on a more limited budget. If you are more abundant and can afford the full price of £6 this would be much welcomed and will help support maintain the longevity of the circles.

Finally, cancellations must be made 48 hours before the circle otherwise no refund is available.