

HSP Men's Online Group POD Guidelines and Responsibilities

Guidelines:

- ▶ Security and Safety for members
- ▶ Consistency
- ▶ Commitment
- ▶ Engagement
- ▶ Reminder these meetings are not Group Therapy
- ▶ Boundaries, you are responsible for your boundaries and reactions
- ▶ Self-directed, self-led, autonomous
- ▶ No one knows everything. We are all learning together. Do not be afraid to offer your opinions, questions and topics.

Pod Responsibilities:

- ▶ Each POD will determine:
 - ▶ When and how often they meet
 - ▶ Determine any ceremonies or opening rituals
 - ▶ Designate a facilitator and backup for their group
 - ▶ Develop group member rules
 - ▶ Confidentiality requirements
 - ▶ Attendance requirements
 - ▶ Themes of the meetings (i.e., problem solving, HSP in the World stuff, HSP Leadership, open discussion, etc.)
 - ▶ New membership rules or petition for more members
 - ▶ Observe and practice safe and secure meetings

- ▶ Disruptive members or members not observing protocols of respect, can and will be removed from POD
- ▶ Pods will be self-led and largely autonomous
- ▶ As time goes on, we may explore the idea of core topics/ideas that Pods can utilize for discussion items

Pod Member Responsibilities:

- ▶ If you opt for the closed POD meetings, commit to make the meetings
- ▶ If you are not able to make the meeting, notify by email the facilitator and the group members ahead of the meeting
- ▶ Practice kindness, authenticity, openness and empathy in the meeting
- ▶ Respect everyone in the meeting
- ▶ Since this is **not** *group therapy*, take advice for what it is
- ▶ If you need therapy, please find a therapist and do your work
- ▶ Keep all meeting discussions confidential
- ▶ Be on time and be ready for meeting (equipment, online connection, minimize distractions)
- ▶ As HSPs we respect the right to process, but be prepared to participate
- ▶ While we can focus on specific, personal items, please keep a generic quality so that all can participate in the conversation