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**Whole Health Services**

# **GROUP MANIFESTO**

This manifesto is created for groups engaged in therapy, support, consultation, and supervision, but is equally applicable to any setting in which people gather. The intention is to articulate principles foundational for the development of group coherence, associated with individual and collective growth and healing. They offer a framework for group containment, exploration, and communication. The organization of these principles into the three dimensions of Being, Doing, and Co-Creating depicts the triad of “me, thee, and we” inherent to the group experience.

## **Being**

*“manifesto: a mission statement or other document written and disseminated to enumerate or expound guiding principles and beliefs that inform actions.” Dictionary.com*

### **Humility**

we amplify curiosity, celebrate wonder, and recognize that wisdom comes in many forms

### **Inner and Outer Attunement**

we orient to our interior reality as well as the group reality, and practice discernment between the two

### **Individual and Collective Awareness**

we honour diversity within unity and unity within diversity



### **Empathy**

we recognize that we all deserve compassion and understanding and we ensure that relational and emotional needs get met

### **Bias**

we are committed to cultivating awareness of and transforming biases that we acknowledge we all hold

*“Tribe: An aggregate of people united by a shared story. Tribalism: Mistaking story as history in service to the elevation of one tribe over all others.” Rabbi Rami Shapiro*

## **Doing**

### **Pause**

we reflect before responding

### **Respect**

we agree to honour each other’s subjective realities, even when they differ from our own

### **Participation**

we are active and intentional with our offerings



### **Deep Listening**

we commit to creating space for others to be heard and to recognize that there are always stories beneath the stories



### **Build Trust**

we affirm that everyone has good intentions

### **Boundaries**

we take responsibility for ourselves regarding what we are willing and able to give and take

### **Improvisation**

we recognize that interpersonal dynamics are predictably unpredictable and we highlight the importance of fluidity, openness, and presence in interpersonal dynamics

## **Co-Creating**

*“Hope and fear cannot occupy the same space. Invite one to stay.” Maya Angelou*

### **Sacred Space**

we recognize the sanctity of the group context

### **Ethic of Reciprocity**

we all commit to treating others as we want to be treated



### **Safety**

we commit to considering the impact of what we do and say on others in the group, and leading with non-judgment and compassion

### **Belonging**

we acknowledge that each member of the group deserves to be here and offers an important contribution

### **Mutuality**

we accentuate and centre our shared human identity

### **Diversity**

we accept and celebrate the unique contributions of each group member

