



# Whole Health Services GROUP MANIFESTO

This manifesto was created for settings in which people gather, including groups engaged in therapy, support, consultation, and supervision. By articulating these principles foundational for the development of group coherence, the intent is to support individual and collective growth and healing, and to offer a framework for group containment, exploration, and communication. The organization of these principles into the three dimensions of Being, Doing, and Co-Creating is a nod to 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