

## Updated Policies and Procedures for a Successful FLOW Session

Welcome to FLOW! We're excited to have you join our sessions and experience personal growth and connection. To ensure a positive and enjoyable experience for everyone, please take note of the following policies and best practices:

### 1. **Session Etiquette:**

- **Device Usage:** During the session, please refrain from using cell phones or any electronic devices to ensure an environment of focused engagement.
- **Open-mindedness:** Embrace new ideas and opportunities presented during the session. Your willingness to explore different perspectives enhances the experience for everyone.

### 2. **Appropriate Attire:**

- **Footwear:** For your safety, please wear closed-toe shoes, such as boots.
- **Weather-appropriate Dress:** Some sessions may take place in the outdoor covered arena. As the barn has limited heating and no air conditioning, dress accordingly to stay comfortable.

### 3. **Comfort and Preparedness:**

- **Insect Repellent:** As some sessions might be held outdoors, we recommend wearing or bringing insect repellent for added comfort.
- **Timely Arrival:** Please drop off your student at the barn 5-10 minutes before the scheduled starting time to ensure a smooth beginning to the session.

### 4. **Respectful Communication:**

- **Safe Space:** FLOW is a judgment-free zone where you can openly express your thoughts and feelings without fear of criticism.
- **Conflict Resolution:** If you have a concern or experience negativity toward another student, please request a one-on-one conversation with a leader. We're here to address any issues in a constructive manner.
- **Consequences:** Anyone found engaging in negative behavior, using foul language, or displaying ongoing judgment will be asked to sit out for the remainder of the session. We value a positive environment and will not hesitate to enforce this policy to ensure the comfort and growth of all participants.

### 5. **Facility and Convenience:**

- **Restroom Facilities:** An indoor restroom is available for your convenience.

Thank you for choosing FLOW as a platform for personal development and growth. By adhering to these updated policies and best practices, we can create a harmonious and enriching experience for everyone involved. If you have any questions or concerns, feel free to reach out to our leadership team. We look forward to sharing an inspiring journey with you!

Rhonda Cimorelli ACC  
NLP Practitioner, author

Owner - A Balanced Life For You  
Director - Heartland Estate

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