



Ground Rules

The nature of every organization, activity, and game is defined by its rules. These ground rules are integral to the success of the Unlearn You Seminar.

1. Keep other participants' words and actions completely confidential.
2. Participate in the entire seminar through its conclusion.
3. Be on time. The seminar begins at 9:00 AM each day. Be seated before the music ends.
4. Smoke, eat, chew, or suck on anything or drink beverages outside the training room only.
5. Ask questions, talk, and share only when called on by the trainer or during a designated sharing period. Do not side talk.
6. Wear your name tag in a visible place during training hours. Turn your name tag in at the end of each day and at meal breaks.
7. Turn off mobile phones and pagers in the training room at all times.
8. Don't sit next to anybody you knew prior to this training.

Trainer Recommendation #1:

Seek to remain in the training room except at breaks as much as possible.
Sessions will last between 2.5 and 4 hours.

Trainer Recommendation #2:

Take responsibility to get sufficient food and sleep during the training.