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# **OM:NI GROUP GUIDELINES**

OM:NI does not have any formal membership requirements, and the expectations of people participating in the Group are simple – they are about respect, trust and acceptance of each other.

OM:NI is about living and enjoying a healthy and positive retirement, and above all it is a space to talk and listen to each other.

All men in the Group are expected to follow these guidelines:

## **Confidentiality**

Whatever is shared in the Group stays in the Group. It is OK to talk about yourself, but it is not OK to talk about Group participants to people outside the Group. This helps build trust.

## **Acceptance**

We all need to feel accepted for who we are. We don't need to be judged or criticised (most of us are very good at doing that for ourselves!). We are all doing the best we can within the circumstances we find ourselves in. There are few right or wrong ways to be, for us or for others.

## **Respect**

Respect others' opinions and don't interrupt when another person is speaking. Don't give advice (unless people ask for it). Most of us just need to be heard and don't need others in the Group telling us what to do.

## **Issues**

Discuss only your own personal issues in the Group – it is not a place to gossip or discuss what is going on in the lives of other participants in the Group, or people outside the Group. As much as possible, discuss what's happening for you currently.

Sharing your feelings or experiences is always optional. If you don't want to speak in the Group that's OK – just say 'pass'.

## **Help**

If you need help it is OK to ask the other blokes!