

## NEW SENECA VILLAGE | RESIDENCY WELL-BEING AGREEMENTS

# Welcome to New Seneca Village!

This document outlines our Village residency well-being agreements which are critical to ensuring that our relationship with you and your relationship with yourself and the collective is thoughtful and intentional.

The agreements below are designed to create a safe container within which we can individually connect to our own power and agency while collectively holding intentional community space for all, with clarity about our role and yours as we co-create this experience together.

Please carefully review the entire document and initial each section with your complete signature at the end of the document to acknowledge that you have read, understood, and aligned with these agreements.

## **Village Experience Agreements**

#### Intention

I understand that the New Seneca Village experience is an invitation to pause, to ground, and to reflect. I commit to using this time as a self-exploration residency and not a working residency. I commit to create space for the purpose of this opportunity to re/engage with restorative intentions and practices to inform my work and life.

Note: This is a great time to pause and get honest with yourself about whether you are in alignment with this offering. And if not, to allow another leader the opportunity to focus on their restorative journey at a time when it might make a difference to them.

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Updated: Oct 20, 2023

### **Residency Duration**

I understand that this is a 6 or 7 nights residency experience grounded in an intentional community.

I commit to gathering at the residency venue for the full duration of my residency to honor my own journey as well as the opening and closing of the Village as a collective. I understand that it is outside of my own invitation to invite any outside guests to the residency or to any elements of the residency experience; including the residency venue, the shuttle to and from the airport, and all Village sessions.

Note: This is a great time to check if you are committed to attending the entire residency and to limit yourself from inviting any outside guests to any parts of the residency.

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#### **Restorative Vision Circle Series**

The Restorative Vision Circle series is an important element of the New Seneca Village experience. The series is designed to provide grounding space for you as you step into creating your residency, one that will best support and enable the expansion of restorative intention and practices in your life and work. Learn more about the <u>Restorative Vision Circle series</u>.

I commit to attending each of the three sessions in the series as part of the intention to begin and open up my individual restorative journey, while also contributing to the creation of the collective container with others. In the event of an emergency, where I am not able to show up, I will be in communication with the Village team ahead of the session.

Note: This is a great moment to pause and reflect on your commitment to attend the series. If this is something you are willing to waffle on or play by ear, we ask that you step aside now so that another leader can have the full Village experience as it is designed.

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#### **Residency Cancellation**

If you cancel the residency (NOT due to COVID-19-related reasons), you will need to inform the Village team 
Team New Seneca Village within 70 days of the residency arrival date.

Canceling 70 days before the residency allows your spot to be filled by another Villager, and not go empty. Your clarity around whether or not you will fully participate in this opportunity allows the Villager who is invited in your stead to participate in the entirety of the New Seneca Village experience as it is designed, including the ability to attend all of the Restorative Vision Circle series.

Updated: Oct 20, 2023

We reserve the right to cancel a residency in which case all the travel stipend and back home grant will be yours to keep. We hope that you might use the funds to create restorative time and space for yourself. Notification of cancellation will occur at least four (4) weeks before the residency arrival date, except in cases of natural disaster, pandemic, travel ban, civil unrest, or other unusual or unforeseen circumstances outside of New Seneca Village's control.

I commit to attending the residency and will only consider cancellation for unforeseeable events. I will be intentional in making space for this invitation, and if I am not ready to accept this invitation, I will inform the Village team at least 70 days before the residency date.

Note: Now is a great time to consider with love any feelings of resistance that might arise for you. Sometimes we allow imposter syndrome or the recurring feeling of being unable to step away from life for a moment to cause us to avoid opportunities that might serve us. New Seneca Village is an explicit opportunity to interrupt business and life as usual and to shift your practices and perspective toward centering restoration, connection, and visioning.

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#### **How To Cancel**

To cancel your residency, send an email **Team New Seneca Village** stating that you wish to **cancel your residency at least <u>70 days</u> before the residency arrival date**. Please choose one of the two options below:

If your cancellation request is submitted 70 days before the residency start date, we are happy to waitlist you for a future residency and transfer your travel stipend and back-home grant (if applicable) to participate in a future residency.

If your cancellation is after the 70 days, you will not be considered for future residencies because the lateness of your residency cancellation will have already resulted in an unfulfilled opportunity for someone else to attend and benefit from a residency.

I understand the cancellation process including the timeline and means of communication.

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# **Residency Grant**

We offer grants to Villagers to ensure that all, regardless of means, are able to be a part of our Village community. We also want to support our collective ability to claim space from our day to day concerns and responsibilities so that while we are at residency we can focus on being present to our individual and collective rhythms and needs.

If you have requested a Travel and/or Back-Home Grant, the Village team will process the request at least two months before the residency date. Our goal is to process all stipends the weeks after the first Restorative Vision Circle session.

I understand the intention of the Travel and Back-home grants and the grant processing timeline. When considering the Travel and Back Home grants, I will request the amount I need and leave all, or a portion of funds for others for whom this offering will have greater impact. Learn more about Village Grants.

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# **Transportation Arrangement**

You are responsible for booking your own transportation to and from the New Seneca Village airport based meet-up location. The Village team will offer a shuttle to and from the closest airport, as indicated on the transportation guide.

I understand that I am responsible for making my own transportation arrangements to arrive at the meet-up location in advance of the time indicated by the Village team (more details to follow once assigned residency confirmation).

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### **Travel and Health Insurance**

Our priority is to keep every Villager safe throughout the New Seneca Village residency. For each New Seneca Village residency, we encourage (not required) you to obtain travel insurance so that your trip fees will be covered should you have a medical problem or a cancellation before or while at the residency.

Your insurance policy should cover you for and regular travel cancellation issues and for all relevant activities - ie. hiking, shuttle rides, residency offerings, etc. - that you may engage in while at the residency

I understand that travel insurance is a recommendation and not a requirement.

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## **Residency Well-Being Agreements**

New Seneca Village is an intentional experience focused on restoration, connection, and visioning. Each Villager is invited to explore and engage in their own restorative journey within this intentional community of similarly focused leaders.

Our expectation is that you are in a strong working relationship with yourself and able to hold yourself in and within our intentional community container.

I understand that the New Seneca Village experience is a commitment to the collective and I will hold myself accountable to and for my own personal experience, including my emotions, feelings, and overall mental health, in a way that allows the collective journey to unfold with ease.

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While in residency, I am responsible for my own mental health and accountable to/for its impact on myself and others.

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If my behavior is disruptive to the restoration, connection, and visioning purpose of New Seneca Village, and/or interrupts the aforementioned intention of this experience for others, I will be expected to leave the residency venue of my own volition and at my own expense.

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If I choose to partake in alcohol or other altering substances (in legalized states), I take full responsibility for myself. I ensure that my altered state does not alter anyone else's state.

I will prioritize the collective in how I show up in our community, at all gatherings including group and individual restorative sessions. I commit to centering restoration, connection, and intentional community in my decision to engage in altering substances.

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If I am self-harming or otherwise a potential physical or mental cause of harm to myself and others, I will be expected to leave the New Seneca Village residency of my own volition and at my own expense.

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New Seneca Village reserves the right to terminate any individual's residency based on, but not limited to the above, at any time.

I acknowledge that while I am attending the New Seneca Village residency, I am responsible for my own well-being. I, therefore, do not hold the New Seneca Village team, Village healers, or residency venue owners responsible for any accident, injury, loss, difficulty, trauma, or resulting expense, including but not limited to travel expenses, food, or accommodations incurred if I am asked to leave a New Seneca Village residency.

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### **Residency Restorative Practices**

New Seneca Village invites healers to provide restorative practices so that the entire Village can explore, deepen, or develop practices that can be used ongoingly to support our sustained leadership in the long term. The New Seneca Village Healer Philosophy guides this offering.

# **Healer Philosophy (Emerging)**

- Each Villager is on their own healing journey, sometimes explicit and sometimes implicit.
- The power and ability to heal is alive and well within all of us (there is nothing to fix, nothing broken nor missing).
- Each healer is offering villagers the opportunity to see, connect, feel, observe, encounter themselves, pause, reflect, and grow.
- Each healer is responsible for the consequences of their restorative practices or techniques, and each Villager is responsible for their own healing process.

I understand that the New Seneca Village healers' restorative practice offerings are not a substitute for my own mental health care, mental health providers, and/or mental health responsibility.

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I understand that my relationship with New Seneca Village, or with any New Seneca Village healer, does not constitute a client/therapist relationship. I will be intentional about the depth and breadth of work I do in any given restorative practice opportunity.

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#### **COVID-19 Guidelines**

In light of our current public health circumstances and our collective responsibility for mutual care and community spaces, we require that all Villagers bring and show proof of a negative COVID-19 test result obtained within 72 hours of arrival at the meet-up location or residency venue. We will also request a COVID-19 test upon arrival at the shuttle or the venue so that we can ensure that we begin as a collective in health.

We also recommend masking and keeping a physical distance when necessary during any in-person gathering during the two weeks leading up to the residency. We will have enhanced safety measures based on the latest health information for the region of the residency venue.

- We ask that you attend only if you have no COVID-19 symptoms, no fever, and no known exposure to COVID-19-positive individuals within 14 days of the residency arrival date. Please keep yourself, your fellow Villagers, and the Village team safe by staying at home if this happens.
- Rapid onsite testing: The Village team will have COVID-19 Antigen Rapid Tests available
  for every Villager to take either before boarding the shuttle or upon arrival at the
  residency venue. Our goal is to ensure that we create a community space where Villagers
  and the Village team can connect with each other safely and comfortably.
- Masks: Below are a few specific guidelines that we will be implemented at the venue unless indicated by the Village team and venue team:
  - Hand sanitizer will be available throughout the residency venue along with public bathrooms with washing hand stations; and
  - Meal service will be buffet-style, with these safety protocols in place.

I understand that I will comply with the COVID-19 guidelines before and during the residency. I commit to bring and show proof of a negative COVID-19 test result obtained within 72 hours of arrival at the meet-up location or residency venue. I also comply to take a COVID-19 test upon arrival at the meet-up location or residency venue provided and overseen by the Village team.

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#### **Picture Guidelines**

During our time together at the residency, photos or videos may be taken by Villagers and the Village team. These images may be used in New Seneca Village's materials, website, social media platforms, etc., unless you specifically request that we do not use any material in which your image is depicted.

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Thank you for committing to follow the New Seneca Village Residency Well-Being Agreements.
By signing below, I acknowledge that I have completely read, fully understand, and commit to the New Seneca Village Residency Well-Being Agreements.
Signature:
Name:
Date:

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