



Community Guidelines

WELCOME and thank you for being here!

Holy Shift is a place for connection, learning and support, and it is what it is because of you. We are so happy to have you here. These guidelines are in place to ensure we make this a safe and enjoyable space for you and everyone around you.

The Holy Shift Stance

At Holy Shift we operate on the belief that all humans (including ourselves) are worthy of love, integrity and respect. We work hard to create a space of compassionate inclusion, especially in a society that does not. Working towards this goal requires intentionality and commitment from us all.

We acknowledge that we live in a culture that values certain humans and silences others; and that our society is overtly and violently racist, misogynistic, anti-disability, and homo- & trans-phobic. The world of wellness has been whitewashed and co-opted for profit, and many parts of the wellness industrial complex continue to harm exploited groups.

While we know our work is imperfect, we strive to do our best to create a safer space for all, especially those community members from marginalized and exploited communities. Our teachings are trauma-informed, and we welcome all into our community who are willing to commit to learning and un-learning with open hearts. This is not a space for hate or a place where we turn our heads away from the suffering of others, and we expect our community to do their best to uphold these principles.

Group Guidelines

We ask that you adhere to the guidelines below. If you feel a community member has violated a guideline, please reach out to the community managers directly via email (info@holyshift.co). Anything you report will be kept confidential. The guidelines are as follows:

Be a nice human

It is each of our duties to make the community a safe and welcoming environment. Healthy debates and disagreements are natural, but kindness is required. We ask that you enter this

space from a place of compassion and always communicate with respect. Please speak truthfully with kindness and awareness, and pay attention to the impact of your speech.

Respect Others and Help Make this a Supportive Space

Please be respectful and open when you engage in conversations with people with different beliefs, cultures and experiences. Remember, everyone has different boundaries and preferred ways of being addressed. Be open to learning inclusive terminology and learning how to make spaces welcoming for people with different backgrounds than yours. Please take time to acknowledge pronouns and respect the cultural and socio-political beliefs of others. Value others' personal limits and boundaries, and make a commitment to respecting them once they have been declared. Vow also to take care of yourself by communicating your own. If you don't understand someone's point of view, do not attack – ask for clarification.

Harmful Speech & Behavior

We are here to support, learn and grow, and any behavior or language that appears to threaten the spirit in which this group was formed will not be accepted. We will not tolerate inappropriate behavior or aggressive actions including but not limited to: hateful/bullying/condescending speech, explicit/rude/aggressive posts, personal attacks, abuse, trolling, violence, sexual harassment/assault, racist, misogynistic, and homo+trans-phobic language or any other speech or behavior that physically, mentally or emotionally harms another. Language is powerful, and we don't always know the history of the words we use. While we can be gentle with well-intentioned mistakes, we also ask that you commit to adjusting your own language as you learn.

Sharing from personal experience

Please only share your personal experience or tools that helped you in a similar situation, ensuring that you are not offering unsolicited advice. Please only offer advice when a member is explicitly asking for it. Probing and coaching questions when they are offered out of context can feel violating. Remember that spirituality and religion can be complex topics for people – don't judge anyone's journey or impose your own religious beliefs onto others.

No Cancel Culture

This is a welcoming community for people who mean well and make genuine mistakes with no intent of malice. Part of feeling safe – is feeling safe to make mistakes. If someone innocently or accidentally makes a mistake, we ask that they are given patience and the ability to grow and do better. Assume best intent, and be open to learning and taking good feedback. Let's use this platform to inspire meaningful conversations and teach before we condemn, shame, or cancel.

Self-Promotion of Services and Marketing Promotion of Services

This is a space to **support and share with each other** – not to **mindlessly market and promote**. There is a designated Slack channel where we encourage you to share your work or works-in-progress (classes, social media posts, newsletters, etc.) for the purpose of receiving constructive feedback from the group – or simply to celebrate yourself! Please

always be explicit when asking for feedback or advice, and respectful when offering it. Please do not participate in the community with the sole intention to advertise, self-promote or solicit clientele for any external services. Additionally, you may not use any materials as your own unless specifically indicated.

Medical Advice

There will likely be conversations that are therapeutic in nature, but the posts and comments found in this group are not intended to diagnose or replace medical advice. Please consult your healthcare provider if you are in need of mental or physical medical attention. Feel free to reference the list of [mental health resources we've compiled](#) for yourself or to use with your clients. We strongly encourage everyone to get all the support they need for physical, emotional, spiritual and mental health.

Violating Privacy

Confidentiality is vital, as we want to keep this a safe and trusting space. Being part of this group requires mutual trust. Authentic, meaningful discussions make our community great, but may also be sensitive and private. What's shared in the group **must** stay in the group. Unless given explicit consent, discussing, screenshotting, borrowing or sharing member information is strictly prohibited. Exposing or threatening to expose member information will result in immediate removal from the community.

Please note we may lovingly delete any content that does not follow these guidelines without prior notice or warning. Violation of the rules can be grounds for warning or removal from the Holy Shift community.

If you ever have questions, feedback or need support, please reach out to the team at: info@hollyshift.co.

We believe in you. We love you. We want you here.

🌟 WELCOME! 🌟