BUILDING STRONG FOUNDATIONS

GROUP GUIDELINES

A group consists of **five or more people.**

At **Building Strong Foundations (BSF)**, participants are seated at tables of up to eight people, including a table host.

BSF operates in accordance with the **Group Contract**, which is outlined in the **Course Companion Guide and Notebook*:

- Confidentiality (except where there are safety concerns for people or property
- Respect through not judging
- Respect through listening
- Permission to be where we are at
- Share the air
- The right to 'pass'
- Caring for one another

While BSF endeavours to provide table hosts, a host may not be available for every group. If you are bringing a group (for example, a home group), it is recommended that the group leader be prepared to act as the table host if required.

Responsibilities of a Table Host

Table hosts help to facilitate discussion and support participation by:

- Initiating and guiding table discussions during activities
- Sharing feedback from table activities with the wider group
- Speaking on behalf of the table group when participants would like them to do so

Support provided by BSF

BSF supports participants in several ways, including:

- Providing team members who are available to pray with participants upon request
- Supporting participants who become triggered or distressed during a session by offering a quiet space, pastoral care, prayer, and a check-in from a team member
- Responding to questions or concerns raised by table groups during the course

**Course Companion Guide and Notebooks are provided for free to each participant at the first session of the course.*