

My confidentiality agreement for "Power of Self Esteem" course

I understand that all the material and methods taught in the "Power of Self Esteem" are available for me to use and if needed to use with others. I may talk about, and indeed am encourage to do so, about what transpired during the course to others. There is one class of information that is an exception to this freedom of information arrangement and that is the following:

I agree not to reveal personal information about what someone else, who in the course reveals about what they have done or what their thoughts and emotions were, if I have not been given permission by that person. This is private information which I have been privileged to receive with the understanding that it will not be shared outside the present course. Shares¹ from a particular person could be a helpful illustration of a concept; however, I understand that I am committing to obtaining prior permission in order to use the share and, if given consent, will make an effort to obscure the identity of the person who has shared this information.

I will notice that some of the material is copyrighted and will follow the normal protocol that are required by law. I understand that I can reproduce this material for my use only without permission. For distribution to non-graduate of this course, I will contact the More to Life organization (Kairos Foundation) for permission.

My Commitments to "More to Life" program

I agree that after completing and during the course "Power of Self Esteem" that I have no further obligations. I understand that one of the objectives of the "More to Life" organization is to free people from obligations. This does not mean that I should avoid or not want to either take more "More to Life" courses or to contribute to the program in some manner. It simply means that the "More to Life" organization does not require any further action, nor is it expecting this from me.

If you Iwish to do so, there are ways that I can help to promote the objectives of the "More to Life" program. These objectives are available on the "More to Life" website. The purpose for each course is provided during the course, usually at the beginning of each course. The purpose of the "Power of Self Esteem" is:

"To learn tools and skills that develop your ability to enhance your self esteem and to awaken the self esteem in others."

The ways that I can be of help to advance the purposes of "More to Life" are presented at the end of the course.

I understand and agree with the above commitments

Signed: _____ date: _____

¹ Definition of a share: Personal information that one reveals that is generally not known to others except for close personal friends or family and could be potentially damaging to the person sharing if it became generally known. A share is also any information that the person would not want to be revealed outside the confines of the course.