Code of conduct for helpers

Thank You for Being Part of the Retreat!

We deeply appreciate your time and presence here. To ensure a calm, respectful, and supportive environment for everyone, we ask that you take a moment to read and embrace the following principles:

Our Shared Commitments

- **Respect & Kindness** – Treat everyone with dignity and compassion. Support one another with friendliness, keeping in mind our shared purpose.

- **Collaboration & Appreciation** – Bring your unique perspective and talents to the community, while valuing the contributions of others.

- **Honest & Thoughtful Communication** – Listen with respect, speak truthfully, and express yourself with kindness and tact.

- **Inclusivity & Accessibility** – Help identify and reduce barriers to participation, ensuring everyone feels welcome and valued.

- **Constructive Conflict Resolution** – Approach differences with courtesy and a willingness to find solutions. Ask for help when needed.

- **Safety & Well-being** – Prioritise the safety of all participants and create a secure space for open engagement.

- **Responsible Use of Resources** – Be mindful of shared resources and avoid personal conflicts of interest.

- **Zero Tolerance for Harassment** – If you witness or experience harassment, take action when safe to do so.

Need Support?

You can approach any member of the Pundarika team—we're here to help.

Safeguarding Concerns

If you have any safeguarding concerns, as outlined in our Safeguarding Policy, please reach out to **Erica or Matt**, Pundarika UK's safeguarding leads.

By embracing this Code of Conduct, we create a retreat experience rooted in respect, care, and community. Thank you for being part of this journey!

"Life begins with love, is maintained with love, and ends with love. Right now, while we're alive, is the time to practise and express love. So please take care of your love. Love is capable of reaching so many people." -Tsoknyi Rinpoche

The Pundarika Team
Jason, Erica, Michelle, Carole, Anton and Matt