

# EMPOWERED WITH RACHELLE MENTORSHIP GROUP

## ACCOUNTABILITY AGREEMENT

As a member of Empowered with Rachelle, I am ready to take responsibility and claim my power within for the following:

- ♥ **Responsibility** – Responsibility is PERSONAL power.....To be **responsible** means to take ownership for something within your power to control. There is total power in being responsible – being in your power to own all that is your journey, being in your power to take the action to make the changes you desire to achieve in your life and in this world.

*Acknowledge:* I intend to take full responsibility in the knowing that in responsibility is where my power is. This is displayed through owning my own journey and doing what I know is necessary to create the changes I desire in my own life. I am committed to taking responsibility for myself and my self love empowerment journey.

- ♥ **Accountability** – Accountability is SHARED power.....To be **accountable** means to be subject to giving an account or having the obligation to report, explain or justify something so to maintain integrity both to yourself and the group. The power in this is in owning the contribution you are making to this group and the ultimate progress of your own self love empowerment journey as it is a reflection of the others in the group. To acknowledge that you will have to perceivably “answer to” Coach Rachelle and your sisters in the Tribe. While there is no way to gauge your progress as compared to another’s, there is still a gauge to acknowledge the doing or not doing of the work to progress in your own personal self love empowerment journey. Accountability is responsibility mirrored.

*Acknowledge:* I intend to maintain accountability to the group for myself throughout my participation in this program. I understand this is displayed by my doing the work given me through my membership in the group as I know it will be reflected in how I show up to the meetings as time passes. I understand that by not acknowledging my responsibility for accountability, I stand my own way of achieving the results I desire and puts me in a space to be removed from the group.

- ♥ **Integrity, Honesty and Trust** – **Integrity** is defined as the quality of being **honest**. While it is detrimental to the group as a whole to be out of alignment with your own personal truth and transparency, it is even more so to your own journey as it keeps you disconnected from

your own power. This group is a safe container created from a place and space of UNCONDITIONAL LOVE and ACCEPTANCE for you to grow exactly where you are in your self love empowerment journey.

To be **honest** is to not hide things from your own self or others. It is to be in integrity with yourself and others. The only reason we find ourselves out of integrity in a story that tells us we need to lie is because of FEAR. Fear of rejection, being judged and other such power sucking beliefs. Empowered with Rachele is a safe space to be fully and completely YOU. We push through our fears here. We hold space for each other when in the valley of fear knowing that fear is nothing more than an illusion we have created in our own minds.

**Trust** is defined as to have confidence, faith or hope in someone or something. In this group, we practice the creation and cultivation of trust in both ourselves and each other. Trust of others is a direct reflection of the depth of trust you have for yourself and that which you believe as your higher power.

*Acknowledge:* I intend to show up authentically and from a place of my own truth and transparency as I know that through full and complete honesty can I truly progress. I know that by my being fully honest with the group, I am being fully honest with myself which creates the space needed to truly and honestly heal. I am grateful to be part of such a sacred space that allows me to be fully 100% **me**. I know that the only reason I experience fear to express myself and show up authentically me is a result of the stories I tell myself.

- ♥ **Privacy** – Privacy is comprised of having the RIGHT to keep one's personal matters and relationships SECRET. This group is INTENSELY private. Any content taken outside of this group is grounds for immediate removal and ultimate banishment from all that is Empowerment Experiences. There is NO POWER in telling other people's business. The act of maintaining privacy is inclusive of the above attributes expected of you as a member of this group. While the energy exchange of the membership costs is a requirement, it is not at all about the money. The energy of all these aspects is greater than the energy of the money and if you are removed from the group as a result of dishonoring this agreement, a refund shall be granted if it is less than 14 days following most recent payment with no refunds granted beyond that. There are limited spaces in this group and ALL the aspects of this agreement are a required fulfillment to be considered an active member of the group.

*Acknowledge:* I accept the awareness that absolute privacy is a requirement to be a member of Empowered with Rachele. I am choosing to honor the safe space created for both myself and my sisters to be fully open, transparent and trusting of myself, my sisters

and this group.

- ♥ **Respectful** – To be **respectful** is to exhibit a feeling of deep admiration for someone or something elicited by their abilities, qualities or achievements; to be in a state of offering due regard for the feelings, wishes, rights or traditions of others. This includes keeping focus on your own journey and not comparing yours to another's as each person's journey is uniquely each our own. There is no room for comparison and there is great disrespect for each other and yourself when you compare. Comparison is a form of judgment. Not only is the group a judgment free zone, comparing only keeps you stuck and weighs you down. Focus on YOU and do YOUR work which in turn impacts the results of both you and the others in the group. **Empowered with Rachelle is a judgement and comparison free zone**, a space and place for you to fully face your fears and take your power back from the deepest parts of our selves we attempt to hide. Being respectful of your own journey will allow for greater respect from those around you.

*Acknowledgment:* I intend to show respect to myself by showing respect to my sisters and my coach in the group. I understand that what I give is what I get and as I look for respect of and from others, it is exactly what I will find and expand. I honor my journey and the individual journeys of those around me by acknowledging that I sabotage my progress and myself by judging and comparing where I am and my experiences to that of those around me. As each journey is unique, there is no room for comparison or judgment.

- ♥ **Loyalty and Support** – To give **support** is to hold up or give assistance to which is displayed in this group through holding space for each other and yourself where you and your sisters are in your journeys. You are NOT expected to give to another when your cup is empty yet to understand that by simply holding space for your sisters is the best kind of support one can give and can be given even with an empty cup. This means to simply offer kind, loving, compassionate, understanding and reassuring words.

**Loyalty** – Defined as a strong feeling of support or allegiance, this is an expected quality in this group through the display of both giving and receiving support to and from your sisters; to hold space for both yourself and the others in the group sharing in their self love empowerment journeys alongside you. The sacred container of this group is exactly that – SACRED – therefore it is an HONOR to be in this group and shall be treated as such.

This also means **NO SOLICITATIONS PERMITTED**. As a solicitation free zone, there is an understanding that it is one thing to share who you are and what you do when you come into the group and something different to be in the receptive mode of one who seeks out

your services, offers and such of their own volition. (Volition is the power of using one's own will.) This allows for your sisters to be in their power, use their voice and seek you out. THIS is how we truly connect with and support each other by honoring each in our own journeys.

*Acknowledgment:* I fully accept that I am a part of this group for my own personal growth, not to garner financial support from the others who are also on their own personal self love empowerment journeys. I am grateful that I shall not be solicited and will give the same depth of respect toward the personal space of my sisters that I desire for myself.

- ♥ **Participation Practices** – As this is a group created to facilitate growth and expansion in support of your self love empowerment journey, there are specific structures in place to assist and support this in a greater capacity. These include:

**YOUR WORDS** – Being in the awareness that WORDS HAVE SO MUCH POWER, disempowering and highly sabotaging phrases such as *I can't, I don't know, I'm unsure/uncertain* and other such power blocking statements are unacceptable paths to seeking the solution desired. The literally close you off from the receptive mode which allows for that which you desire to flow into your realm of experience. In their place, a solution seeking question is the path that allows for the solution to appear.

An example of this is: *I don't know how to.....* or *I can't do/find/etc.....* can easily be replaced with an empowering open and receptive question like *How do I do/find/access/etc.....?*

**SECURITY** – As this is a secure container for facilitating massive growth along your self love empowerment journey, access to the content is password protected.

- Training videos are streamed LIVE through a hidden invite only Facebook group then linked to a video platform OFF Facebook accessible through the Empowered with Rachelle password protected page hosted at empowermentexperiences.com.
- A more reliable messenger app is utilized for the consistent group support offered through this mentorship program. The app is called Telegram and is requirement for full participation in this group. The current password for accessing the content page is a pinned message at the top of the Telegram support group along with the current Zoom link for the Wednesday LIVE group coaching sessions.
- The password for the page will be updated every time someone leaves the group which is why it will always be found pinned at the top of the Telegram group.

The Zoom meeting link will also be regularly changed and it will be in the SAME pinned message in the Telegram group as the current password. The current page password is also going to be the access password required for EACH of the replay link videos for optimum security.

*Acknowledge:* I understand and accept all that is discussed herein and that which is being asked of me to be a privileged member of this group. I know that at any time I am required to first and foremost show up for myself. In turn, the entire group benefits as I do in my own journey. I know that only I can do the work to achieve the results I desire in my self love empowerment journey and that by my doing the work for myself, I impact and influence the world as a whole. I am taking full and complete responsibility for my own self in being the change in the world by being the change in my own life.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

What positive aspects would you like to have mirrored back to you?