**Interpersonal & Group Dynamics Participant Release Form**

**Description of “Interpersonal & Group Dynamics for Everyday Leaders” and “Interpersonal Dynamics for Women: An Experiential Leadership Workshop”**

“Interpersonal and Group Dynamics for Everyday Leaders” (IGD) and “Interpersonal Dynamics for Women: An Experiential Leadership Workshop” (IDW) are anchored by the T-Group (short for “Training Group”) that is comprised of 8-12 participants and two specially trained facilitators.  The group meets for a series of concentrated 2 to 3 hour “T-group” lab sessions between periods of training modules and reflection, over a period of 50 hours and across 3 days.

The purpose of IGD and IDW is to create a highly personalized learning experience with the ultimate goal of preparing you for more productive professional & personal relationships.  During the program, you'll observe how your individual behavior affects others in real time, practice key interpersonal and leadership skills with peer feedback, and learn to connect across differences. With other committed participants in your T-Group, you'll learn through experiential-based activities and improve your abilities to engage authentically, communicate, and influence. It's a unique opportunity to improve the essential “soft skills” needed to transition from being a good leader and community member to being a remarkable one.

Each group sets its own norms, though joining the T-Group program requires a commitment to regular, punctual attendance, individual responsibility over disclosure choices, and confidentiality of who said what when. The only situation when complete confidentiality cannot be guaranteed is when there is a current and real danger that a member will cause harm to him/herself or to another member, or when any member’s physical safety is at risk.

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, intending to be legally bound for myself, my heirs, executors, and administrators, acknowledge that T-Groups are a learning laboratory and understand that this is not a medical or psychological program. I, hereby, waive and release any and all rights and claims I may have against T-groups for Leaders, T-groups for Women, the program facilitators and my co-participants for any and all injuries or damages of any nature, including attorney fees or death, which I may suffer while participating in a T-Group.

Printed Name Signature                                                       Date