

Safe Space and Consent Agreement

FOR
Workshops and Creative Experiences

FACILITATOR
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VERSION
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The space we create together. Through **VisibleConnection**, I want to create a space where you can explore, feel your body and experiment with voice and expression. Courage and freedom need clear boundaries. That is why we share responsibility for consent, respect and care. This agreement applies to me as the facilitator, to any co-facilitator and to every participant.

1 Every exercise is an invitation

- You decide your own pace, intensity and personal boundaries.
- You may change, pause or skip an exercise. You do not need to explain why.
- A no, stop or pause takes effect immediately.
- Wherever possible, a no-touch or less intense alternative will be offered.

2 Touch needs a clear yes

Some exercises may include supportive touch or voluntary contact in partner work. Touch is used only for the purpose explained beforehand, for example to explore posture, alignment, breathing space or connection in the room.

- Before touching, we explain why, how and where on the body touch is proposed.
- The facilitator or exercise partner asks for clear consent. Silence or lack of objection does not mean yes.
- Consent applies only to the situation described and can be withdrawn at any time.
- Partner exercises involving contact take place only when everyone involved agrees.
- Touching intimate areas of the body is excluded.

Clear signals can be: “Yes”, “No”, “Stop”, “Please no touch”, “Less pressure” or “I need a break”.

3 Physical and emotional self care

- Move in a way that matches how you feel physically and emotionally in that moment.
- Pain, dizziness, shortness of breath or significant discomfort are signals to stop and inform the facilitator.
- You decide how much personal information you want to share in reflections or conversations.
- The workshop is a training and experiential space, not medical or psychotherapeutic treatment.

4 Respect and dignity

- We meet different bodies, voices, experiences, identities and forms of expression without judgement.
- Discrimination, harassment, sexual boundary violations and aggressive communication have no place here.
- No one is pressured into an exercise, touch, a personal disclosure or a presentation.
- Laughter and lightness are welcome when they are not at another person's expense.

5 Confidentiality in the group

Personal stories, observations and sensitive experiences shared by others stay in the room. You may speak about your own experience outside the workshop, but not identify other participants. We all share responsibility for this space. **VisibleConnection** cannot fully control or guarantee what an individual does outside the workshop.

6 Feedback that supports

- Feedback describes a specific observation rather than judging the person.
- We speak from our own perspective and avoid diagnoses or labels.
- Before offering feedback, we ask whether the other person wants to receive it.

7 Photography video and audio

Recordings in which people can be recognised or heard are created and published only with separate voluntary consent. Anyone who does not wish to be recorded can participate fully. Participants also do not record other people without their prior consent.

8 Responsibility of the facilitator

The facilitator explains exercises clearly, offers choices, pays attention to visible boundaries and intervenes when boundaries are crossed. Questions or concerns can be raised confidentially at any time. A person may be excluded from further participation in the event to protect the group in the event of serious or repeated misconduct.

Our shared approach

Feel • Experience • Understand • Integrate

Presence can unfold where expression and connection are possible and personal boundaries are respected.