



WHAT WE ARE ABOUT

TWOGATHER is an emotional empowerment & wellbeing support system designed to benefit your evolution and journey into the TRUTH and POWER of who really are. This peer-mentorship program is a division of Ascend Higher.

TWOGATHER is all about learning self-love, self-care, self-empowerment, personal Integrity and accountability that will be cultivated through intentional relationships with others who have the advantage of experience that can be shared and benefitted from.

The intention of this resource is to create a space of love, informal counsel, emotional support & nurturing that will allow for an experience that will benefit both the peer-mentor and peer-mentee.

This program shall be guided by very clear intentions & principles (see below) that will serve as the foundation for a code of conduct (see below) that shall exist between a TWOGATHER peer-mentor and peer-mentee.

In order to ensure a safe and thriving space for mentorship, all participants (mentor & mentee) shall commit to reading, understanding, and agreeing to these principles that shall govern & guide the behavior of all participants. These principles will serve as strict behavioral boundaries that all participants shall acknowledge and accept before being accepted into the program and allowed access to its resources.

Reported violations of any of these directives will lead to an automatic termination of membership.



T W O G A T H E R

OUR INTENTIONS

The T.R.U.E intentions of the TWOGATHER Peer-Mentorship program



To **TEACH** self and allow to be taught by each other in love

To **REACH** within self and allow to be reached by others in love

To **UPLIFT** self & each other in love

To **EXPAND** understanding of self and of each other in love

These intentions are TWOGATHER'S governing prime directives that serve as the basis for all binding promises (see below) between all a peer-mentor & peer-mentee.

Ascend Higher reserves the right to modify any and all stated intentions, directives, and principles for TWOGATHER at any time in the future, in order to accommodate any and all unforeseen conditions or experiences that may arise.

Agreeing to these directives is agreeing to all pending & future modifications that may arise.



MY COMMITMENT & PROMISE TO MYSELF AND TO YOU

As a participator in the TWOGATHER Peer-Mentorship emotional support program, I agree to these promises (stated below) regarding my intentions and my behavior in a conscious and intentional way.

Beginning now, I am willing to demonstrate to myself and others that I am worthy of a healthy and experience-enriching relationship with myself and others that is rooted in love for self and others.

I understand and agree that these promises that I make shall also serve as healthy and indisputable boundaries that have been put in place to ensure a safe and pleasant experience for me and all others who give their time, commitment, good intentions and other resources to benefit my success.

My deep convictions and beliefs in myself and my worth is what will drive my heart-felt attempts to abide by these promises I am making to myself and to the other participants.

I believe in the value of these connections I am about to make (or have made) and I trust in this experience of being a mentor or mentee (or both) as being a safe space and opportunity to learn & grow personally and spiritually and I trust in this experience to be a rich resource of knowledge that will be positively useful in my life.

These are the promises I make to myself and to other participants.

- I promise not to disclose to any third party any personal details of my communication with my mentor/mentee without prior permission of my mentor/mentee.
- I promise not to solicit or ask for a job(s), money, a business relationship(s), romantic relationship, sexual relationships, or any kind of relationship that will compromise my mentor's/mentee's personal or professional life and overall wellbeing.
- I promise not to provide or receive medical, mental-health or legal advice from my mentor or mentee.

- I promise not to make assumptions that my mentor/mentee has to be available for me, no matter what situations I am in. I take the position now that whatever time we get to connect is more than enough for me.
- I promise not to provide advice that is outside my emotional, professional or life experience. I take the position now that whatever knowledge I have is more than enough for me and my mentor/mentee. However, I am willing to learn new ways of looking at a situation from other perspectives.
- I promise not to communicate, in anyway, that may be considered offensive to/with my mentor/mentee. The word "offensive" covers (but is not limited to) verbal abuse, derogatory remarks about mentor/mentee to another mentor/mentee or others. I promise to course-correct if I inadvertently cross this boundary.
(“Communicate” refers to communications via any media format, recordings, social media, texts, phone, email, video, pictures or in person)
- If my mentor/mentee expresses unwillingness (verbally or non-verbally), reluctance, or discomfort in discussing any topic that I have raised, I promise to promptly cease pursuing that topic.
- I promise to make myself available for a minimum of _____ **minutes** a week to my mentor/mentee to communicate via a pre-decided means and format of our choosing. I shall notify my mentor/mentee if I shall be away for while or if I am unable to keep my commitment to communicate as promised.
If my mentor/mentee does not wish to meet in person, I shall not insist on a meeting.
- I promise to not charge my mentor/mentee any fees during the period of our mentorship
- If I observe any participant behaving in a manner that violates the TWOGATHER code of conduct for mentors /mentees, I shall promptly report my observations to Harry@iascend.me

Participant's Full Name: _____

Participant's Signature: _____ Date Signed _____