



# Participant Commitment Agreement

**"Be still and know that I am God." — Psalm 46:10**

As I enter this season of equine-assisted learning, I do so with a heart open to growth, healing, and renewal. I recognize that showing up—physically, emotionally, and spiritually—is part of my healing journey.

**By signing up for equine-assisted learning and healing sessions, I affirm the following:**

- **Once I've reviewed and agreed to the schedule, I will honor it as a meaningful commitment and priority.**
- **I will care for my own well-being and self-care, and only cancel a session if it's a true emergency.**
- **I recognize and respect that volunteers travel from places as far away as Westminster and Colorado Springs to support these sessions. I will show up with the same dedication—for them, for myself, and for the shared healing experience.**
- **I commit to arriving on time, knowing that punctuality supports the flow and integrity of each session.**
- **I understand that my presence in group sessions matters. Activities are often designed for a specific number of participants, and my absence can impact others' experience.**
- **I acknowledge that missing more than two sessions may result in my spot being offered to somebody else who is waiting to participate.**

- **Even if I'm feeling emotionally shut down or overwhelmed, I will still come for my session. I will be honest with my facilitator so that my time at the Ranch can meet me where I am and offer what I need.**
- **I see my involvement at the Ranch as a gift and something to be valued, and I will treat it with care and intention.**

Please sign here:

X

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