



Conversations from the Heart

ORIENTATION

Welcome to *Conversations from the Heart* and to our learning community! Here are all the basics of what you need to know for joining these calls. Please read through and let us know if you have any questions. –Yvette

Overview

Conversations from the Heart meets every Wednesday from 10am to 11:30am Central Time via Zoom. It's a space for you to experience inspiration, encouragement, and support on your personal development journey.

This is a psycho-educational learning forum that focuses on information and understanding. It's not an emotional processing group, a despair work group, an empathy group, or a therapy group. I will help you get clarity with general roadmapping and offer opportunities for cognitive understanding.

My approach incorporates mind-body medicine, somatic experiencing, diversity and inclusiveness, nonviolent communication, and integral-relational-cultural psychology.

You're welcome to drop in whenever it works for you. We are a diverse group with some regulars attending almost every week, and then there are always some new people too.

Refer to your welcome email for the link to our [program dashboard](#) with login information. Video recordings of all of our calls (aka "replays") are available there.

The same [Zoom meeting link](#) is used every week. You can find it in your welcome email, in the meeting reminder emails, and on the program dashboard.

All participants should be familiar with the [Community Guidelines and Recording Policy](#). Here are some key points to remember:

- By participating in the calls, you're agreeing to the educational purpose of this gathering and the understanding that this is a public forum.
- If you share during the large group time, you are consenting to the use of your voice and contribution for common learning through the group recordings.

Format

These 90-minute Zoom meetings begin with a general welcome and then move into breakout sessions where you can check in with others on the call in small groups. You may opt out of the breakout session and use that time for self-connection and journaling. The group comes together again for the majority of the time.

How to Participate

You're welcome to contribute, respond, share, ask questions, or you can just listen and take it all in.

If you would like to share, raise your hand and wait for me to call on you, or gently interrupt when there's an opening. You can also use the chat feature and type in your questions and responses there.

- Please have your microphone muted unless you're speaking.
- You can have your camera turned on or off. (I prefer cameras on, but it's up to you!)
- You can join or leave the call at any time.

Closed captions will be made available during the calls.

If you want to remain completely anonymous, keep your video turned off, use a different screen name or no screen name, and don't add your voice to the call.

Guidelines

In addition to reviewing the [Community Guidelines and Recording Policy](#), please observe the following requests:

1. Be "for" each other and help create an inclusive environment.

Have the intention to be here on the call "for" each other, in a spirit of mutual support. At the same time, please recognize that the group is diverse and show up openhearted, inclusive, and curious.

2. "Everything is on the way not in the way."

If somebody says something that you find triggering, try approaching it with the attitude that everything that happens to us is an opportunity for practice rather than an obstacle to our growth.

3. Speak from your first-person experience rather than generalizing for others.

During these sessions, please share about yourself. We ask that you avoid leading with "you" and "we" and "us" and instead ground yourself in talking about "me" and "I." For example, "My response has been... Here's what comes up in me..."

4. Balance your needs with the wider group interests.

Keep your questions somewhat general so that they can benefit everyone, and if you're a more extroverted person who finds it easier to jump in more quickly, add a little time between questions and your response to give others a chance to enter the conversation.

5. Meet your needs and stay choiceful.

We strive to be as inclusive and welcoming as possible, so please feel free to meet your needs as you see fit during these calls. See above for the various participation options and know that you can share at your own comfort level.

*Please refer to the [program dashboard](#) for more information about **privacy and confidentiality**.*

Invitation to Donate

If you would like to offer support for this programming, you can donate via [Patreon](#), [Paypal](#), Venmo @yvette-erasmus, or by check to Yvette Erasmus LLC, 3800 American Blvd West, Suite 1500-8021, Bloomington MN 55431.

More Information

To learn more about any of the above, visit the [program dashboard](#) on the student portal. You can also refer to your welcome email and meeting reminder emails for direct links to all of the above.

If you have questions, please email us at support@yvetteerasmus.com.

Options for Further Learning

Human 101: Building Better Relationships - a comprehensive, foundational online course

Membership - weekly group coaching with a dedicated community, perfect for those looking to deepen their understanding and practice of nonviolent communication and compassionate living

Specialized Workshops - diving deeper into subjects such as parenting, boundaries, and polarities; all offered online

Consultations - working with me one-on-one to unpack situation, generate new scripts, and refresh your strategies; available in 30-minute increments

Learn more and register at yvetteerasmus.com