



Welcome to The Villages Empower Your Power Lifestyle Club (EYP). We are committed to fostering a safe, supportive, and respectful environment where all participants can focus on learning and personal growth. To ensure this, we ask that everyone abides by the following guidelines:

Respectful Interaction:

Engage in conversations with kindness, respect, and empathy. Everyone's journey is different, and we aim to support each other.

Confidentiality:

What is shared in the club stays in the club. Confidentiality is key to creating a safe place for open discussion. Personal stories and experiences should remain private and not be discussed outside the club.

Open and Honest Communication:

Listen attentively to others without interrupting or offering unsolicited advice or comments, unless asked. Allow each person to express themselves fully before responding. Avoid making judgements or criticisms about someone's experiences or opinions.

Club Discussion Dynamics:

Share discussion time with fellow members by not dominating club discussions. Encourage quiet members to express their insights. Give equal time for all to engage. Please refrain from discussing politics.

Supportive Environment:

Encourage and uplift each other. To maintain trust and mutual support, we ask that everyone refrains from engaging in or spreading gossip. Focus will be on uplifting each other, keeping our conversations constructive and creating a supportive drama-free atmosphere.

No Networking or Solicitation:

Our club exists to offer personal growth support, not for professional networking or promoting services, products, or businesses. Please refrain from soliciting members for personal or professional gain. To ensure the club's focus remains on mutual support and maintains the club's authenticity this guideline is zero-tolerance. It also adheres to The Villages Lifestyle Club Rules.

Positive and Fun Environment:

Refrain from continuous griping and venting. Find the silver linings and lessons learned. The club should be a place of encouragement, not criticism or negative feedback. When appropriate, find humor and enjoy a good laugh, or two.

*****Note:** Our tone will not be like the original empowered liberating women of the sixties who burned their bras. But do feel free not to wear one! lol