



**Welcome to The Villages Empower Your Power Lifestyle Club (EYP).** We are committed to fostering a supportive, respectful, fun environment where all participants can focus on learning and personal growth. Even though we have a significant discussion component to our meetings, participation in table-talks is optional.

To reap the most benefits from your meeting experience and to keep cliques from forming, seating is assigned by a table-number drawing process. Opening yourself up to new people and perspectives opens yourself up for growth and new ways to enjoy a happy, healthy, and productive lifestyle. Members also improve their chances of making new friends.

To ensure the best meeting experience, please abide by the following guidelines:

**Table-Number Draw Process:**

Members are to sit according to their table number drawn. Refrain from switching numbers, tables, or searching in the basket for a matching number to sit with friends. Members needing to be accompanied due to medical conditions will be accommodated.

**Respectful Interaction:**

Everyone's journey is different. Engage in conversations with kindness, respect, and empathy. Aim to support each other by being open-minded, compassionate, and helpful.

**Confidentiality:**

What is shared in the club stays in the club. Identifying members and their personal matters 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. Avoid making judgements or criticisms about someone's experiences or opinions.

**Table-Talk Discussion Dynamics:**

Give equal time for all to engage. Stay on topic and refrain from discussing politics, religion, gossip, or any other controversial topic. Do not dominate table-talk discussions. Encourage quiet members to express their insights. Redirect members who go off-topic or dominate time.

**Supportive Environment:**

Encourage and uplift each other. Focus on uplifting each other, keeping conversations constructive and creating a drama-free atmosphere.

**No Networking or Solicitation:**

Professional networking or promoting services, products, or businesses are not permitted unless it is for any of The Villages nonprofit entities like The Enrichment Academy or any District Gov recreation department programs. 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. Empowered women find the silver linings, lessons learned and move forward. When appropriate, find humor and enjoy a good laugh, or two.