The Smith-Genever Group Work Framework

We believe that when we create a safe, supported space to sew together, it allows us to collectively explore our thoughts, feelings and experiences in a way that embodies the following 5 attributes:

1. **Authenticity:** we encourage and value honest responses whether positive or negative

2. **Vulnerability:** we are prepared to acknowledge our own vulnerabilities so that you feel more comfortable to share yours

3. **Resilience:** we acknowledge that having the courage to turn up and be present can be a contribution in itself

4. **Openness:** we find out more about ourselves, each other and the world by being open

5. **Reflection:** we encourage questions to be asked and assumptions to be challenged to enable learning

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