



GOOD AFTERNOON GENTLEMEN AND WELCOME TO KEEP THE HEID

Just a few wee ground rules before we commence our meeting.

Can we ask that all mobile phones be placed on silent for the duration of the meeting.

We ask that there is no filming or recording during the meeting unless authorised by all present.

This group does not discuss politics, religion, criminal pasts or medication. Passing remarks are acceptable but not to the detriment of any one present.

We are a non-judgemental organisation, this extends to not only race, creed, colour, religion, sexual preference or FITBA TEAMS but also sweeping generalisations about other demographics, services or professions.

Everything said today in our session stays within the group. The only time we discuss the groups business is when we are asked to do a presentation or represent the group on business. THIS IS FOR OUR OWN PROTECTION AND ANOMINITY IF YOU WISH.

It's a simple format of a facilitator taking the meeting, starting with a 10min meditation then passing to a willing member to share for 15mins then throwing the meeting open for discussion on any topic you feel the need to share on. In order to keep the meeting running smoothly all comments and discussions shall be made through the facilitator.

Please sit back and enjoy your afternoon. #KTH