

## **Safeguarding Policy**

The safety and wellbeing of my workshop participants is of the utmost importance to me. My primary aim with any of the work I do is to help individuals to take positive steps forward within their personal and professional lives.

I am proud to follow the [Lapidus Ethical Code](https://lapidus.org.uk/about/lapidus-ethical-code) [https://lapidus.org.uk/about/lapidus-ethical-code] and [Creative Practices for Wellbeing guidance](https://www.researchgate.net/publication/338549155) [https://www.researchgate.net/publication/338549155]. Below you can find out about the actions I take and procedures I follow that allow me to support the safety of those I work with.

### **I commit to...**

#### **Creating safe spaces for my workshop participants**

By...

- assessing a venue (whether on or offline) before running a workshop, to help ensure privacy, confidentiality and physical safety
- adhering to the safeguarding, ethical and legal policies of any venue where I work
- planning sessions carefully and offering activities that are appropriate for my workshop groups and sensitive to any known or disclosed needs
- providing guidance to participants before and/or at the beginning of workshops to help them stay safe and encourage them to respect the safety of others
- staying alert to the changing needs of individuals and to the dynamics of the group during a workshop, then adapting my approach and activities as necessary
- promoting inclusion, diversity and the value of human experience by providing a space where all voices can be heard
- maintaining strict confidentiality; participants' words and experiences will not be shared unless specific consent has been given

## **Ensuring that workshop participants have sources of support they can turn to**

By...

- checking that organisations/venues have support systems and structures in place where relevant
- or providing clients with a list of appropriate sources of support

## **Keeping myself fit for practice**

By...

- engaging in regular reflective practice
- taking part in regular supervision sessions
- completing CPD (continuing professional development) courses, workshops and activities on a regular basis
- staying up-to-date with the latest safeguarding, ethical and legal policies that exist in the spaces where I work
- gaining feedback from participants, organisations and venues to help improve my practice

If you have any questions about this policy, please do get in touch.