



Guiding principles

Just as important as what happens in a session is how it happens. MyTime groups are guided by five core principles:

- Inclusive
- Safe
- Member-led
- Strengths-based
- Focused on building knowledge and skills

You'll find practical tips for bringing these principles to life in the separate printed Guiding Principles Handbook. This resource was designed with MyTime facilitators and captures ideas from MyTime groups across the country.