



The *Strength & Dignity*® eCourse is a subscription-based online course that includes trained mentors, video teaching, homework, prayer, and an online support community.

Participating in this private eCourse, in any manner, communicates your agreement with the rules below. A more detailed description will be found in the onboarding process once you join.

We want you to know what's expected of you before you join us.

You see, we're a little different than some other groups you may have participated in before...

And I've been using this method of training since 1991 – so we know what works – and it's probably not like anything you are used to. So, I'm going to ask you to trust us and follow the rules.

We expect you to read all of this, because participating here is a choice you make – so get ready for the full disclosure on what's what! Don't just skim through these, assuming you know the drill.

Here's what we want the eCourse environment to be:

- **Confidential & Safe** – This group is “private.” No one outside the group can see your posts or comments. By participating you are committing to providing a safe, confidential environment for the women there. Sharing group content in a way that identifies individuals will result in dismissal from the group. Feel free to share what you learn, but not in a way that reveals the identity of members and mentors.

- **Positive & Respectful** – Do not “husband bash!” The women here are in the class because they want to reconcile their marriage, become women of strength and dignity, learn to set healthy boundaries, and have healthier interactions with their husband and children.
- **Focused & Mature** – When a mentor or I post a question, *you respond to the question – you don’t use the question as an opportunity to spin up conversation around your issue and derail the class with it.* If you have something you want to say or have a separate question, put it in the Q&A section or Prayer Requests. (Mentors are identified with an admin badge or Greater Impact Mentor below their name.)
- **Understanding & Without Causing Offense** – We seek to give understanding through validation. **DO NOT GIVE ADVICE OR CRITICIZE** unless you are on the “other side” of an issue **AND** a class member is asking you specifically for advice. And even then, prayerfully ask God whether you should share your experience.
- **Avoiding Negativity** – Comments must avoid being discouraging, diminishing, dismissive, discounting, directive, judgmental, complaining, or critical. Again, advice is given **ONLY** with successful experience **AND** if requested, with the understanding that you may not know what your sister should do.
- **A Place to Give His Love** – The eCourse community is designed to provide encouragement, patience, kindness, gentleness, hope, peace, protection, and safety, while speaking God’s truth in love as the mentors and I feel led. We’ll be responding to questions, talking about our own journey, praying for each other, praising God, and encouraging our sisters as we walk this difficult path together. We see growth occur as a result.
- We ask that you **NOT post links or suggest outside materials without permission.** We need to stay focused on the program we are offering here, and alternative outside ideas can dilute our message and take time away from our mission. There are also ideas out there that literally look awesome on the surface, but the outcomes are not very

successful. You may suggest a music video or inspirational image to a mentor if you feel strongly led.

- As a rule, we don't take down comments – unless they are detrimental to the environment we want in the class. Instead, we'll usually ask you to rewrite something. Know that if you violate the rules, we will usually privately message you about this, and if you don't respond, let you know in the thread itself. We reserve the right to take down a comment and ban you from contributing to the class if your comments are hostile, judgmental, complaining, spouse-bashing, or not using I-language.

These rules will help you develop skills in communicating with your husband.

Love to you,

Nina