



Agreement for Getting Comfortable with Death: Personal Comfort Planning for Doula Service

Thank you for registering for Getting Comfortable with Death! I look forward to helping you and your clients define ways to find physical, emotional and spiritual comfort through your final months and moments.

What We Offer

In my role as facilitator, Chelsea:

- Offers a process for reflecting, understanding, planning, and acting for personal comfort
- Helps you define the questions you need to ask yourself and others in personal comfort planning
- Links you with information and resources including My Personal Comfort Plan
- Gives you a supported space and time to begin the work of understanding personal comfort for end of life

Chelsea does not offer legal, medical or counselling advice. I cannot direct you in your decision-making nor make decisions-for you.

Workshop Learning Outcomes

By the end of this workshop, you will be able to:

- 1) Define your own personal comfort wishes using the My Personal Comfort Plan eBook.
- 2) Explain the importance of including personal comfort wishes in advance care planning.
- 3) Define different approaches to personal comfort planning depending on what stage your client is in (pre-planning, serious illness or terminal diagnosis, active dying).
- 4) Share creative ideas for how your client can find comfort from within themselves and with their loved ones and caregivers.



Group Agreement

By participating in this workshop, you agree to the following group guidelines:

- One person speaks at a time
- Speak and listen from the heart and with respect
- Welcome diverse points of view and listen without judgment
- Offer experience rather than advice
- Share what is personal, not what is private
- Honour confidentiality
- Self-regulate airtime
- Take chances

Use of My Personal Comfort Plan and Getting Comfortable with Death Workshop Content

- 1) All intellectual property rights for My Personal Comfort Plan Guide and Getting Comfortable with Death workshop content are owned by CircleSpace. You are not assigned any rights to these assets by participating in this workshop or using and distributing My Personal Comfort Plan.
- 2) Please do not alter or adapt My Personal Comfort Plan for your own purposes or publications.
- 3) CircleSpace grants you permission to use the activities you experience in the workshop with your private clients (i.e. comfort meditation, end of life comfort visualization, rituals, questions and prompts).
- 4) Please do not offer Personal Comfort Planning workshops for the public using content from this workshop. If you wish to offer a workshop on My Personal Comfort Plan, please reach out to CircleSpace to discuss.
- 5) Please recognize CircleSpace: Empowered-End-of-Life Planning as the creator of this content and My Personal Comfort Plan in all activities related to My Personal Comfort Plan. CircleSpace logo will be emailed to you to help with this acknowledgement.



How to Share My Personal Comfort Plan Booklets and eBooks with Your Clients

- 1) Direct your clients to the CircleSpace website to buy My Personal Comfort Plan printed or eBooks <https://www.circlespace.ca/store/c2/my-personal-comfort-plan>
- 2) Buy a Death Doula Bundle of 10 printed My Personal Comfort Plan booklets at <https://www.circlespace.ca/store/p9/DeathDoulaMPCP.html>. Use code **DeathCare30 for 30% off until September 4th**. Gift the booklets to your clients or sell them directly for no more than the retail price listed on the website (\$28 CAD).
- 3) Please do not share your My Personal Comfort Plan eBook file. Your clients may buy their own eBook at the CircleSpace store, or you may buy a copy for them and share it with them.

How to Prepare for the Workshop

What to have with you:

- My Personal Comfort Plan ebook
- End-of-Life Visualization Worksheet
- An item that reminds you of a deeply well loved one who has died or an ancestor. E.g. a photo, trinket, or item of clothing.
- Candle and matches
- Pen and notepad
- Beverage, snack/lunch, shawl or other items as needed for your self-care and comfort

A Note about Self-Care

During this workshop, we'll be talking about personal comfort and also death, dying and grief. We'll experience an energetic grounding exercise and end-of-life visualization. If you've experienced a recent death, trauma or are currently in a heightened state of grief, such conversations and activities may evoke strong emotions. I strive to create a supportive and inquisitive space for learning, but I am not a counsellor. I warmly encourage you to care of yourself before, throughout and after the event using techniques that work best for you. Please let me know if I can help refer you to other supportive services.



Photo Release

- YES, I give permission for Chelsea Peddle of CircleSpace to use my image in photos for CircleSpace promotional use (e.g. on social media pages, website, presentations, brochures etc.) in perpetuity.

- NO, I do not give permission for Chelsea Peddle of CircleSpace to use my image in photos and video for CircleSpace promotional use (e.g. on social media pages, website, brochures etc.) in perpetuity.

Workshop Agreement

- I agree to the terms of this agreement.

Participant Name

Participant Signature

Date

Thank you!