

Code of Ethics • Kara-Leah

1. I commit to holding myself to the highest standards of ethics, right behaviour, and professional competency, as commonly recognized by my peers.
2. I commit to performing my role as a teacher in a caring and compassionate manner, in both one-to-one interactions and groups.
3. I commit to respecting the rights, dignity, and safety of all students and fellow practitioners.
4. I commit to fostering autonomy, empowerment, self-sufficiency, and emotional maturity in my students.
5. I commit to treating students' questions, concerns, doubts, and experiences with respect, and never trivializing or dismissing their inquiries.
6. I commit to being self-aware, open, and humble about the limitations of my knowledge and experience.
7. I commit to making only honest, realistic statements regarding the benefits of the teachings, practices, courses, and other offerings.
8. I refrain from giving counsel in matters outside of my areas of training and expertise, and I make appropriate referrals as needed.
9. I commit to being honest and transparent regarding my professional business and financial matters.
10. I commit to honouring the sanctity of privacy and maintaining the confidentiality of everything conveyed to me in confidence.

11. I commit to abiding by local laws with respect to the disclosure of information in cases of sexual abuse, child endangerment, and the intention to harm oneself or others.
12. I commit to using only with proper care and caution any techniques that can potentially cause harmful side effects.
13. I acknowledge that, regardless of my spiritual attainment, I am a human being with human personalities, limitations, drives, and needs.
14. I do not seek or presume exalted privileges or glorified status because of my role as a spiritual teacher.
15. I commit to never manipulating, exploiting, or deceiving a student to satisfy my personal aspirations, needs, or desires.
16. I commit to establishing and maintaining clear and wholesome professional boundaries with all students, employees, and associates.
17. I commit to never abusing the trust of students to obtain sexual gratification, money, free labour, or other personal benefits.
18. I commit to being particularly mindful of sexual boundaries with students—and honouring them at all times. This means never engaging in any sexual activity with any students. It also means taking advisement from my supervisor and colleagues before embarking on any sexual or romantic relationship with a past student.
19. I commit to cultivating and practising honesty, integrity, compassion, humility, and empathy.

20. I commit to engaging in continuous self-reflection, learning, and holistic personal growth, including regular supervision with a senior teacher.
21. I commit to regularly reviewing my motivations for serving as a teacher and monitoring the integrity of my words and actions.
22. I commit to encouraging feedback about my own methods and behaviour—and taking that feedback seriously.
23. I commit to addressing promptly any personal issues, concerns, or challenges that might affect my professional competency.

Signed

A handwritten signature in black ink, appearing to read 'Kara-Leah Grant'. The signature is fluid and cursive, with a large initial 'K' and 'L'.

Kara-Leah Grant

Date September 14, 2022