

Commitment Pledge

I, (name)..... commit to:

- Being Deirdre/Dan the Doer
- Creating time and space to complete this course
- Engaging with the materials and completing the exercises
- Being open-minded, curious and non-judgemental in my approach

I further commit to reviewing this pledge as often as necessary to ensure I get the best from this course and achieve my desired result.

Signed:

Date: