

Chudography Yoga Teacher Training

Confidentiality Policy

Purpose

The purpose of this policy is to promote trust, respect and psychological safety within the Chudography Yoga Teacher Training by establishing clear expectations around confidentiality.

Students should feel able to participate in discussions, ask questions and, where they choose, share personal experiences without concern that this information will be discussed outside of the training environment.

Chudography Principle

At Chudography, we believe that people learn best when they feel safe.

Throughout the training we may explore topics such as stress, the nervous system, movement, wellbeing and personal development. These conversations can sometimes lead to personal reflections or experiences being shared.

We recognise that every individual has the right to choose what they share. No student will ever be expected to disclose personal information in order to participate in the course or successfully complete the training.

People are invited to bring themselves to the training, but never required to reveal themselves.

Our role is to create an environment where curiosity is encouraged, boundaries are respected and every student feels safe to participate in a way that feels right for them.

Confidentiality helps create a community where people can learn openly, respectfully and with trust.

1. Our Commitment

1.2. Chudography is committed to treating all personal information shared during the course with care and respect.

1.3. Any personal information disclosed during discussions, reflective exercises or tutorials should remain confidential unless the individual has given permission for it to be shared.

2. Expectations of Students

Students are expected to:

2.2. Respect the privacy of fellow students, tutors and guest teachers.

2.3. Keep personal stories and experiences shared during the course confidential.

2.4. Avoid discussing another person's experiences outside of the training without their explicit permission.

2.5. Respect that everyone has different comfort levels regarding personal disclosure.

2.6. Listen with empathy and without judgement.

2.7. Students are encouraged to share only what feels appropriate and comfortable for them.

3. Professional Learning

3.1. The purpose of discussion within the training is to support learning, not to provide therapy or counselling.

3.2. Students may choose to use personal experiences to deepen their understanding of the course content, however participation in reflective discussions is always voluntary.

3.3. Choosing not to share personal experiences will never disadvantage a student during assessment or progression through the course.

4. Exceptions to Confidentiality

4.1. There may be exceptional circumstances where confidentiality cannot be maintained.

These may include situations where:

4.2. There is concern that someone may be at immediate risk of serious harm.

4.3. Disclosure is required by law.

4.4. There is a safeguarding concern involving a child or vulnerable adult.

4.5. Where possible, any action taken will be discussed with the individual concerned.

5. Course Materials

5.1. Students are expected to respect the intellectual property of Chudography.

5.2. Course manuals, teaching resources, presentations and other learning materials are provided for the student's own educational use and must not be copied, shared or reproduced without written permission.

6. Photography and Recording

6.1. Students must not photograph, video record or audio record fellow students, tutors or guest teachers without their prior consent.

6.2. Any approved recordings should be used only for the agreed purpose and in accordance with the Chudography Photography and Media Consent Policy.

7. Concerns

7.1. If a student believes confidentiality has been breached, they should raise the matter with the Course Director as soon as possible.

7.2. Concerns will be handled fairly, respectfully and, wherever possible, confidentially.

8. Breaches of This Policy

8.1. Breaches of confidentiality may undermine trust within the learning community.

Depending on the seriousness of the breach, action may include:

8.2. Informal discussion.

8.3. A verbal or written warning.

8.4. An agreed improvement plan.

8.5. Further action under the Code of Conduct Policy where appropriate.

Review

This policy will be reviewed annually to ensure it remains fair, transparent and aligned with the values of Chudography.

