Option A: Short Format (2.5 Hrs)

This Session: covers material in sessions 1 & 2 from the long format

PREPARATION:

Written Instructions & Handout Options:
• Participants guidebooks are given prior to 1st session, with a blank copy of the CoL Self-Assessment form (the graphic)
• Or send by an email attachment; or by snail mail:
  o a copy of the CoL Assessment
  o a copy of the Instructions for filling out Circle Assessment
  o a copy of the Keywords
  o optional: Jean’s Sample
• Ask participants to have Circle Assessment filled out & ready to bring it to the session. Have them write on the back of the Assessment their 3 highest scores and 3 lowest scores.

• Warm Welcome & Intro 15 mins
• Powers (review fail/safe Intention/Accountability/Self Inquiry) 3 mins
• Participant Agreement 5 mins
• Lifeboat metaphor (ask for volunteers) 6 mins
• BREAK - M/B practice (stand up stretch or move) 3 mins
• CoL Assessment - Discuss top scores / strengths 6 mins
  o Partner exercise-1-2 minutes each)
• The Whisper, Yell, 2 by 4. Discuss: 10 mins
  o Tuning into our body’s & our life’s messages
  o Also discuss what are self care strategies used when we get whispers or yells to prevent the “2x4”
• BREAK - Take a 5-minute bathroom/water or snack break & do a 1 minute Mind/Body practice. 6 mins
• Readiness for Change and Discuss results 15 mins
• Review Focus Area: Participants review/read the chapter about their Focus Area (found in Part Two of the Guide Book - show them where to locate it.) 7 min
• BREAK - Do a 1 minute Mind/Body practice. 1 min
• The Blueprint for Change
  • Have Participants fill out their Blueprints: 25 mins
  • BREAK (snacks, bathroom) 10 mins
  • Bring them back with a M/B practice (dance, stretch, breathe, etc.)
Option A: Short Format (2.5 Hrs) continued…

- The Blueprint for Change, continued…
  - Coach Demonstrate what the participants will be doing 1 min
  - Do a Partner go-Round (4 minutes each) 10 min
  - Each person reads from their Blueprint:
    - Their Intention, and
    - Their Goal, and
    - Name their Challenges, and
    - Describe their Visualization, and
    - Read their Affirmation
    - One scheduled Action Step, and
    - One scheduled M/B practice

- BREAK M/B practice 3 mins

CLOSURE OF SESSION:

Give directions for the one-hour follow-up sessions. 5 mins

- Ask for two volunteers who will have 12-15 minutes to share their Blueprint for Change and receive group support next session (each following session two new people will share their Blueprint).
- Other participants will be reporting for one minute on their last week’s action steps (accountability) as well as setting action steps for the next week.
- Quick Questions & Leave with an acknowledgement, appreciation or a word of encouragement.