

## Option A: Short Format (2.5 Hrs)

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

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### PREPARATION:

#### Written Instructions & Handout Options:

- **Participants guidebooks are given prior to 1<sup>st</sup> session**, with a blank copy of the CoL Self-Assessment form (the graphic)
  - Or send by an email attachment; or by snail mail:
    - **a copy of the CoL Assessment**
    - **a copy of the Instructions for filling out Circle Assessment**
    - **a copy of the Keywords**
    - 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.
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| • <b>Warm Welcome &amp; Intro</b>  | <b>15 mins</b> |
| • <b>Powers</b> (review fail/safe Intention/Accountability/Self Inquiry)   | <b>3 mins</b>  |
| • <b>Participant Agreement</b>   | <b>5 mins</b>  |
| • <b>Lifeboat metaphor</b> (ask for volunteers)  | <b>6 mins</b>  |
| • <b>BREAK - M/B practice</b> (stand up stretch or move)   | <b>3 mins</b>  |
| • <b>CoL Assessment</b> - Discuss top scores / strengths <ul style="list-style-type: none"><li>○ Partner exercise-1-2 minutes each)</li></ul>  | <b>6 mins</b>  |
| • <b>The Whisper, Yell, 2 by 4.</b> Discuss: <ul style="list-style-type: none"><li>○ Tuning into our body's &amp; our life's messages</li><li>○ Also discuss what are self care strategies used when we get whispers or yells to prevent the "2x4"</li></ul> | <b>10 mins</b> |
| • <b>BREAK</b> - Take a 5-minute bathroom/water or snack break & do a 1 minute Mind/Body practice.   | <b>6 mins</b>  |
| • <b>Readiness for Change and Discuss results</b>  | <b>15 mins</b> |
| • <b>Review Focus Area:</b> Participants review/read the chapter about their Focus Area (found in Part Two of the Guide Book - show them where to locate it.)  | <b>7 min</b>   |
| • <b>BREAK</b> - Do a 1 minute Mind/Body practice.   | <b>1 min</b>   |
| • <b>The Blueprint for Change</b> <ul style="list-style-type: none"><li>• <b>Have Participants fill out their Blueprints:</b></li></ul>  | <b>25 mins</b> |
| • <b>BREAK</b> (snacks, bathroom) <ul style="list-style-type: none"><li>• <b>Bring them back with a M/B practice</b> (dance, stretch, breathe, etc.)</li></ul>   | <b>10 mins</b> |

## 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**

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### 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.**