

## Option B: Short Format: First Session (1.25 Hrs)

**These Two Sessions:** cover 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:
  1. **a copy of the CoL Assessment**
  2. **a copy of the directions for filling out Circle Assessment**
  3. **a copy of the Keywords**
  4. optional: Jeans 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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### IN SESSION ONE

- **Warm Welcome & Intro** **10-15 mins**
- **Powers** (review fail/safe Intention/Accountability/Self Inquiry) **3 mins**
- **Participant Agreement** **5 mins**
- **Lifeboat metaphor** (ask for volunteers) **6 mins**
- **M/B practice** (stand up stretch or move) **2 min**
- **CoL Assessment** - Discuss top scores / strengths **6 mins**
  - Partner exercise 1-2 minutes each)
- **The Whisper, Yell, 2 by 4** - Discuss: **6 mins**
  - Tuning into our body's & our intuition's messages
  - 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**
- **Take Readiness for Change Assessment and Discuss results** **15 mins**

**NOTE:** Go over Home Assignment: Optional

- **Focus Area:** Encourage participants: Read the chapter about their Focus Area Section (found in Part Two of the Guide Book - show them where to locate it.) **2 mins**
- **Blueprint For Change:** Email or handout a copy of the Blueprint for Change and a copy of the directions on how to fill it out. Ask them bring it complete to their next session. You can very briefly walk through the Blueprint and answer questions before they leave. **7 mins**
- **Ask for two volunteers** who will have 12-15 minutes to share their Blueprint for Change and receive group support next session (do same the next session with two different people).

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**CLOSURE OF SESSION:** **4 mins**

- Leave with acknowledgement; appreciation or a word of encouragement

**TOTAL 75 mins**

## Option B: Short Format: Second Session (1.25 Hrs)

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### PREPARATION:

#### Email Reminder (Optional):

- Remind participants to bring their Guidebooks
- **Ask participants to have their Blueprint for Change filled out & ready** to bring to the session.

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### IN SECOND 1.25 Hr SESSION:

- **Warm Welcome** **5 mins**
  1. Since the first session any experiences or learnings, questions or comments that you would like to share?
  2. What will be covered in this session is....
- **Start with M/B:** breath practice, stretch, centering practice **2 mins**
- **The Blueprint for Change** (participants have already filled out their Blueprints at home):
  1. **Two participants read through their Blueprint and receive total support from the group. (15 min each)** **30 mins**  
(Take a M/B break between each person's session) **1 min**

**BREAK** – bring people back with a M/B practice **10 mins**

2. **Coach demo: Partner Exercise** (remaining participants will do this) **5 mins**
  - **Partner Exercise** (6 minutes each) **15 mins total**
  - **Each person reads from their Blueprint for Change:**
    - Their **Intention**, and
    - Their **Goal**, and
    - Their **Challenges**, and
    - Describes their **Visualization**, and
    - Reads their **Affirmation**, and
    - One scheduled **Action Step**, and
    - One scheduled **M/B practice**
- **M/B practice** **3 mins**

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### CLOSURE OF SESSION:

**Give directions for the one-hour follow-up sessions.** **4 mins**

- **Ask for two volunteers** who will have about 15 minutes to share their Blueprint for Change and receive group support. Then the following session two more people will take their turn.
- **Other participants** will be reporting for one minute on their last week's action steps (accountability) as well as setting action steps for next session.
- **Leave with acknowledgement; appreciation or a word of encouragement**

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**TOTAL 75 mins**