

Circle of Life 1 Hour Follow-up Group Sessions

(For phone / in person, time based on 4-8 participants)

This format is for any follow-up session after your participants have covered the steps up to and including a completed Blueprint For Change.

Sessions are approx 60 mins (Any or all sessions can be extended up to 1.5 hrs)

PREPARATION:

- Prior to each session **know who the two people are who will be coached at each session.**
 - * We encourage coaches and participants to use a headset if doing sessions by phone.
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1st ONE HOUR FOLLOW-UP SESSION

WELCOME:

3 mins total

Check in & use any M/B practice to open – but always engage the breath with it.

Coach: Welcome friends, thank you for being on time.

- Let's begin with a 1 minute centering breath practice (choose one).
- Please have your Blueprint for Change ready.

ACCOUNTABILITY Round Robin (2 mins each)

8-12 mins total

Coach: In this session we practice accountability by first sharing your affirmation and the action step and M/B practice that each of you committed to at our last session. Please share how it went for you.

BLUEPRINT FOR CHANGE Support:

15 min per person = 30 min total

Note: Coach, you already know who your two volunteers are.

Directions for the Volunteer Participants:

1 min

Coach: Now I will ask one of the 2 volunteers for today's sessions to work with their Blueprint for Change. Each week 2 of you will take your turns with your Blueprint for Change.

First Participant (Name), please read through the **entire first page of Part 1 of your**

Blueprint for Change (all the way through to the end of the sheet on Part 1 only) **4 mins**

Note: When the person reads their affirmation/visualization part of their Blueprint, invite everyone to join in on visualizing with the person as they describe their imagery: the surroundings, colors, sounds, what they would be doing if their intention was fulfilled, what they look like and describe what *they feel like* "as if it is already so." Then after they have read through the all of Part One of the Blueprint ask them to come back to their challenges.

Coach: Lets go back to your challenges and please choose the challenge/s, which you would like support from the group. (Group ideas, exploring strategies, etc.) **6-7 mins**

Note: Participant's complete their turn by:

2 mins

- stating their action steps, and specifically when (day & time) they will take their action steps,
- as well as their one scheduled Mind/Body Practice.

Coach: Acknowledge the participant and then take a break.

1st ONE HOUR FOLLOW-UP SESSION, continued

BREAK: After the first person completes their turn, lead a 2-minute Mind/Body practice (Massage ears, rotate neck, get up and stretch, breathe and so on.) **2 mins**

Second person's turn to read through their Blueprint for Change **13-15 mins total**
(Directions same as for the first person.)

SET UP ACTION STEPS for next session for the remaining participants **8 mins total**

Coach: Okay Lets all take 3 deep breaths....and for the remaining participants..

Each person **has 1 min each MAX**

- Please state your one action step AND
- Your one M/B practice for next week

CLOSURE: **1-2 mins**

- Remind everyone of next session time.
 - End:
 - If in person: lead the participants in one of the following: stretch, breathe, shake, self-applied massage, tapping, relax, or visualize.
 - If on phone: by encouraging everyone when they get off the phone to do a Mind/Body practice.
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2nd ONE HOUR FOLLOW-UP SESSION

WELCOME:

3 mins total

Check in & use any M/B practice to open – but always engage the breath with it.

Coach: Welcome friends, thank you for being on time.

- Lets begin with a one-minute Mind/Body practice (choose one).
- Please have your Blueprint for Change ready.

ACCOUNTABILITY Round Robin:

8-12 mins total

Coach: Again first I invite each of you to give “literally a 2-minute report” on your affirmation & action step & your chosen Mind/Body practice from our last session.

- First state your affirmation.
- If you took your steps, what made you successful at taking that them?
- If not, what could you do differently next time? *
- In other words, what is the victory of learning?

2 min each

* **Note:** Another question you can ask during accountability: If you did not take your action step, is there anything you did last week that contributed to your goal or to your well-being?

Note: Coach, let participants know that they may want to have a list of questions in front of them from their Participant Guides, to help them to “Re-evaluate & Revise” their action steps (Page 46). Another option: Coach reads these questions out loud for one minute.

BLUEPRINT FOR CHANGE Support:

13-15 min each person = 30 mins total

Note: Coach, you already know who your two volunteers are:

Directions for the Volunteer Participants:

1 min

Coach: Now I will ask one of the 2 volunteers for today’s sessions to work with their Blueprint for Change. Each week 2 of you will take your turns with your Blueprint for Change.

First Participant (Name), please read through the **entire first page of Part 1 of your Blueprint for Change** (all the way through to the end of the sheet on Part 1 only).

4 mins

Note: When the person reads their affirmation/visualization part of their Blueprint, invite everyone to join in on visualizing with the person as they describe their imagery: the surroundings, colors, sounds, what they would be doing if their intention was fulfilled, what they look like and describe what *they feel like* “as if it is already so”. Then after they have read through the all of Part One of the Blueprint ask them to come back to their challenges.

Coach: Lets go back to your challenges and please choose the challenge/s, which you would like support from the group (Group ideas, exploring strategies, etc.)

6-7 mins

Note: Participant’s complete their turn by:

2 mins

- stating their action steps, and specifically when (day & time) they will take their action steps,
- as well as their one scheduled Mind/Body Practice.

Coach: Acknowledge the participant and then take a break.

BREAK:

2 mins

After the first person completes their turn, lead a 2-minute Mind/Body practice

2nd ONE HOUR FOLLOW-UP SESSION, continued

(Massage ears, rotate neck, get up and shake or bounce around, and so on.)

Now it is the next participant's turn to read & get support with their Blueprint. **15 mins total**

SETTING UP ACTION STEPS / ACCOUNTABILITY for next session **5-8 mins total**

Coach: Okay Lets all take 3 deep breaths....and for the remaining participants..

Each person has **1 min MAX!**

- Please state one action step AND
- Your one M/B practice for next week

OPTIONAL CLOSURE Follow-up Session 2, 3 4, or 5: **5 mins total**

- Remind everyone of next session time.

Complete the session with the 3-minute guided visualization (see coach tools webpage), or a deep relaxation process. (*If doing this, make sure everyone moves drinks water and is fully awake afterward!*). Allow 2 minutes to move shake and wake up!

3rd ONE HOUR FOLLOW-UP SESSION

WELCOME:

Check in & use any M/B practice to open – but always engage the breath with it. **1-3 mins**

ACCOUNTABILITY Round Robin:

REPEAT: affirmation / action step / MB practice report: (1 min each person) 8-10 mins

BLUEPRINT FOR CHANGE Support

15 min each participant = 30 mins total

- **Repeat until all participants have completed sharing their entire Blueprint for Change 15 mins each**
- 2 people per session
- Make sure to take a 2 min break in between the two longer sharings as in the previous sessions.

SET UP ACTION STEPS & Accountability for next session

5-8 mins total

REPEAT, as before:

- 1 Action Step & 1 Mind/Body Practice

Note: If they seem ready, encourage people to be accountable for more (2-4) action steps. Their action steps can include other areas of their life, as long as they take one step in their original area of focus.

CLOSURE for Session 3:

5-10 mins

Coaches: Ask your group if they would like to have any of these presentations or activities listed and/or ask for any additional ideas from your group for any of the following sessions.

Presentations / Guest Speakers / Discussion Topics:

- Yoga, Tai Chi, dance, compassionate communication skills, cooking class, skills for emotional or psychological wellbeing, nutrition, self-esteem, money/finances, alternative health practitioners (acupuncture, body therapies, healing herbs or supplements, aromatherapy, chiropractic, meditation instruction) medical info, or any specific presenter for your group.
- Collages (vision board) if “in person” or as a “do at home” assignment
- Creative art projects, Personality assessments, Intuition exercises, *The Passion Test*, more guided visualizations.
- Intention rituals, prayers, hands on healing, blessings, other rituals or ceremonies, dance your intentions, celebrations, potluck, or a party.
- Go outdoors or follow a DVD to do Tai Chi, Qigong, movement, Yoga
- Exercise for specific area of interest. Eg: Life Purpose: take *The Passion Test*.

4th or 5th ONE HOUR FOLLOW-UP SESSIONS

WELCOME:

Check in & any M/B practice to open – but always engage the breath with it. **1-3 mins**

CHOOSE OPTION 1 OR 2:

OPTION 1:

ACCOUNTABILITY Round Robin:

REPEAT: affirmation / action step / MB practice report: (1 min each person) 8-10 mins

BLUEPRINT FOR CHANGE Support: 15 min each participant = 30 mins total

REPEAT, as before, if you have a larger group:

- **Repeat until all participants have completed sharing their entire Blueprint for Change 15 mins each**
- 2 people per session
- Make sure to take a 2 min break in between the two longer sharings as in the previous sessions.

SET UP ACTION STEPS & Accountability for next session 5-8 mins

REPEAT, as before:

- 1-3 Action Step/s & 1 Mind/Body Practice

Note: Their action steps can include other areas of their life, as long as they take one step in their original area of focus.

OR

OPTION 2:

ROUND ROBIN GROUP SUPPORT

48-56 mins total

If 8 or fewer people in your group

each person 6-8 mins

- each person states their goal and their affirmation
 - a challenge they would like support in & receives support from the group
 - then they state one action step & M/B practice for next week
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IF TIME ALLOWS HERE ARE SOME SUGGESTED IDEAS for any session (4th – 8th):

Optional: Discussion of Analogies, metaphors, images, symbols, **10 mins**

(page 49 of the Guide Book) See list of ideas in session 3 & 4 for other ideas

Guided Imagery (in person or on phone)

10-12 mins

- You may choose to lead in a guided imagery: Your Sacred Power Place (or one of your choice) and allow 2 minutes to move shake and wake up!

If your group is meeting in person:

10-20 mins total

- Discuss what might be the person's symbol, or metaphor that has special meaning to them.
- Or have them choose one to use now that would support them in fulfilling their goal and intention.
- **Intention Ritual (2-3 minutes per person) allow 20-25 mins**

4th or 5th ONE HOUR FOLLOW-UP SESSION, continued

If your group is meeting **on the phone:**

10-20 mins total

- Discuss what might be the person's symbol, or metaphor that has special meaning to them.
- Or have them choose one to use now that would support them in fulfilling their goal and intention.

Note: Coaches, please feel free to do the rest of the sessions tailored to your group's needs and wants. Analogies/Metaphors is a suggested option for this session - not required!

CLOSURE 4th or 5th Follow-up Session:

1 min

- End by encouraging everyone (when they get off the phone or if in person to do a Mind/Body Practice (Stretch, Breathe, Shake, Self Applied Massage).
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6th, 7th & 8th ONE HOUR FOLLOW-UP SESSIONS

WELCOME:

Feel free to use any M/B practice to open – but always engage the breath with it. **1-3 mins**

ACCOUNTABILITY Round Robin:

REPEAT: affirmation / action step / MB practice report: (1 min each person) 8-10 mins

If Everyone Has Had A 12-15 Minute Turn: 50 mins total

- **You could have a Guest Speaker for ½ hour and a Q&A discussion lasting 15 minutes.**
- **Or Choose a group exercise that is tailored to the group.**

If 8 or fewer people in your group: (each person 6-8 mins) 48-56 mins total

- each person states their goal and their affirmation,
- a challenge they would like support in & receives support from the group,
- then they state one action step & M/B practice for next week

Note: Their action steps can include other areas of their life, as long as they take one step in their original area of focus.

CLOSURE 6th, 7th & 8th Follow-up Sessions:

1 min

End by encouraging everyone (when they get off the phone or if in person to do a Mind/Body Practice (Stretch, Breathe, Shake, Dance, Self Applied Massage).

LAST SESSION (may be 6th, 7th or 8th session)

**USE YOUR CREATIVITY TO CELEBRATE THEIR VICTORIES
WITH THE CIRCLE OF LIFE PROCESS!!!**

See outline of Sessions in your Coach Manual for other ideas ☺