

Circle of Life 30 Minute Follow-up Group Sessions

(phone / in person)

(based on 6 people @ about 4 minutes each)

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

We encourage coaches and participants to use a headset if doing sessions by phone.

WELCOME & BEGINNING:

3 mins total

Feel free to use any M/B practice to open – but always engage the breath with it.

EXAMPLE:

Coach: Welcome friends, lets begin with **3 very deep belly breaths:**

I invite you to take in a deep breath and feel as though you are filling up an empty balloon...

...filling the bottom of your diagram or belly area first...

...then let the breath continue filling & expanding the chest & the upper lobes of the lungs...

...while allowing the shoulders to be relaxed and down, and expand your ribs to the side and to the back to let the air fill your lungs fully....

As you exhale let out a sigh of relief to release tension in the body..."Ahh..."

"...Again, I invite you to inhale fresh renewing energy and exhale ("Ahhh...") letting the tension or stress out with your breath....

...allow your shoulders, jaw or wherever you are holding tension to relax...

...one more inhale, and exhale with a big sigh of relief – AAHHhhhhhh!

IN SESSION:

total 18-24 mins

Round Robin for each participant.

Coach:

less than 1 min

- Okay, we have about 3 - 4 minutes each.
- This is a brief but effective session because we are using the powers of Actions and Accountability in the Circle of Life process...
- Accountability makes you 85% more likely to be successful in taking your action steps.
- This means you are moving forward & *leveraging* your goals through *every* action step – no matter how big or small.

Note: *You don't have to say this every time. (You can also mention other powers like self-inquiry, fail-safe, targeted action, and so on.)*

Coach: So lets start with **[name of participant]**.

- Please tell us about your victory from last week (the victory of taking the action step/s) and what it felt like to do so...
- or the victory of what you learned by *not* taking the action step.

Coach: Acknowledge & reflect back the victory.

- Okay, and what will be your 1-3 action step/s until our next session?
- And your one Mind/Body practice for next week?

Note: Because of time in these brief 30-minute calls, you will probably won't have time have for participants report on when they are scheduling their action steps...unless there are less than 6 participants.

CLOSURE:

2 mins

- Remind everyone of next session time.
- Leave with one or two of the following: acknowledgement; appreciation, M/B practice &/or a word of encouragement.