

Handout 1.1

WOMEN CONNECTED OUTCOMES & BENEFITS

- Discover your true purpose and reconnect to your passions
- Engage in honest, open, and intentional conversations
- Expand and create an exciting vision of what's possible
- Identify and alter self-talk that inhibits goal achievement
- Liberate yourself from old patterns that hold you back
- Create an action plan and achieve profound results
- Set up a system of accountability to support your future vision
- Put your dreams into motion
- Celebrate the accomplishments of others and yourself
- Make lifelong friends and have fun





Handout 1.2

WOMEN CONNECTED 11-SESSION COACHING GUIDE

1. **An Evening of Exploration.** Learn about the Women Connected group process and decide whether this is the group for you.
2. **New Beginnings.** Build trust, form group values, and share individual concerns.
3. **Seasons of My Life.** Promote deeper understanding among group members by sharing life stories.
4. **Calling on Purpose.** Identify and clearly define your purpose in life.
5. **Future Perfect.** Create a rich and expansive vision for the coming year.
6. **Dreams in Motion.** Develop goals and support systems to turn dreams into reality.
7. **The Mythology of Me.** Explore belief systems and the stories we tell ourselves that limit possibilities in life.
8. **The Brand of Me.** Define how you want to show up in the world—how you want to be perceived.
9. **Breaking Through Obstacles.** Discover ways to break through limiting beliefs.
10. **Courageous Conversations.** Practice delivering the difficult message and, with the group's support, communicate that message to the person to whom you need to speak.
11. **Celebrating Us!** Celebrate the accomplishments, changes, and breakthroughs resulting from your time in Women Connected.



Handout 1.3



WOMEN CONNECTED STRUCTURE

POEM

A poem is selected ahead of time by the Group Guide. It is read at the beginning of each session to set the tone and provide a time to settle in, quiet the mind, and connect the group. You will find a large selection of poetry books in the Resources section at the back of this book.

CHECK-IN

This time is scheduled at the beginning of each session to connect with the group. Group members share updates on their commitments, challenges, and accomplishments. Questions for Check-In might include:

- What results are showing up in my life that I like?
- What results are showing up that I don't like?
- What have been my lessons this month?

After each woman completes her Check-In, she lights a candle and states her intention for the session.



FOCUS OF THE SESSION

Each session will focus on a specific topic that accelerates personal growth and supports movement toward a clearly defined vision.

WISDOM BLAST

This is a process designed to access the group's collective wisdom. Each woman has the option to bring an issue, challenge, or dilemma before the group. For three minutes the group generates as many ideas as possible to help address the issue. This is the only time when giving advice is encouraged. The advice is captured by a scribe, and the recipient of the group's wisdom reports the results of the Wisdom Blast by e-mail or phone, or at the next Check-In.

CAPTURING WHAT MATTERS MOST TO ME

The learnings, insights, and memories from each session are documented in a personal journal or the specially designed handout at the end of each chapter. This process helps to re-focus on what was covered during the session and tracks the personal growth of each individual.

MY COMMITMENTS

During each session time is set aside to write commitments aligned with each woman's purpose and clearly defined vision for the year. Clarifying each woman's purpose and vision will take place in sessions included in the Women Connected program.

GROWTH BUDDIES

At the end of each session, each woman is assigned one person who will be her Growth Buddy until the next session. Growth Buddies support each other in honoring their commitments, act as sounding boards when necessary, and cheer each other on between sessions.

CLOSING CIRCLE

At the end of every Women Connected session, there is a formal completion ceremony. The women in the group stand up and together form a circle, the universal symbol of unity and wholeness. Since ancient times people have gathered in circles to share stories, provide support, and gain understanding of the common good. This is a special time of closure for the group. In the Closing Circle, each woman shares a word or brief thought that expresses what she learned or how she was affected by the session. After she shares her experience, she extinguishes her candle and the session is complete.

PLANNING THE NEXT SESSION

After the Closing Circle the arrangements for the next session are discussed. A decision is made on the next session date, who the Group Guide will be, and the location. Growth Buddies are assigned to work with one another between sessions during this time. The Session Accelerator (the preparation work for the next session) is distributed.



Handout 1.4

MY WISH LIST

Please place a check mark next to three of the following statements to which you're most drawn. Then choose one out of your three checked statements that would have the greatest impact in your life *if you took direct action to address it.*

- Enhance personal effectiveness
- Create more fulfillment in my life
- Nurture and express my inner voice
- Clarify my purpose and vision
- Make my dreams come true
- Release old patterns and behaviors that keep me stuck
- Expand my problem-solving skills
- Enhance my communication skills
- Deepen my relationships
- Increase my creativity
- Enhance my effectiveness in dealing with others
- Reduce conflict in work and personal relationships
- Engage in more self-care activities
- Have fun and celebrate achievements



Session Accelerator 2.1

A SPECIAL OBJECT

Bring a special object that has great significance to you. We'll be sharing this during Check-In at our first session together, New Beginnings.



Session Accelerator 2.2

ALL ABOUT ME

Complete the following statements. This information will be shared with the group as a way of introducing what works for you and what doesn't.

The best ways to offer support to me are:

The ways I like to be affirmed and validated are:

I prefer to receive feedback in the following ways:



Please make a copy of your All About Me information for each woman in your group. You'll keep this information with other important material in your notebook. If everyone has a copy for each member in the group, it can be referred to when working with your Growth Buddy. You'll find this to be very valuable information in working with one another over the course of the remaining sessions.