

Handout 9.1

WISDOM BLAST

This process is designed to access the group's collective wisdom. It is a brainstorming session, and any idea is worth listening to. Sometimes the best ideas come out of left field! Each woman will have a designated number of minutes to briefly share her number-one obstacle and receive free-flowing advice from the group.

The role of the group is to stay focused, with the intention of providing solutions to the problem described. The role of the recipient is to listen, without comment or judgments. Just stay present, focused, and open to receiving the wisdom from the group.

All ideas will be captured for the recipient by her Growth Buddy. Before the next session, look over this list and choose what you believe to be the best solution to your obstacle. Try out the solution and report back to the group during the next Check-In.

Handout 9.2

CAPTURING WHAT MATTERS MOST TO ME

What was most valuable to me in this session?



How did the Wisdom Blast assist me in this session?



How am I feeling in this moment?



Handout 9.3
MY COMMITMENTS



Something which we think is impossible now,
is not impossible in another decade.

CONSTANCE BAKER MOTLEY

Today's Date _____

Commitment _____

Date completed _____

Commitment _____

Date completed _____

Commitment _____

Date completed _____



Session Accelerator 10.1

MY COURAGEOUS CONVERSATION

INSTRUCTIONS

Use the following Courageous Conversation Model to describe a conversation that you'd like to initiate. Choose a conversation that you're concerned about having, one in which there is some fear attached to the outcome or to how the other person might respond. This conversation could be about anything from a piece of information that you chose not to share and you keep wondering if you should have, to an issue you are having in a relationship. It might be a concern that you've had but haven't expressed about one of your family members or children. It could be something that, if directly discussed, might move a relationship from being stuck or strained and create an opening for change and new actions. This is the perfect opportunity to contemplate and begin to prepare for that conversation.

On a sheet of paper or in your personal journal, using the Courageous Conversation Model, briefly describe the conversation you'd like to initiate. It is not necessary to go into great detail or describe the past. For example: "I'd like to have a conversation with my husband to discuss our finances. I feel like I've been over-spending, and I've been afraid to bring up the issue and my behavior." Another conversation might be with a neighbor: "I feel like the only time she calls me is to ask for a favor. We used to talk on a regular basis and do things together. I wonder if she still wants to be friends, because it's been feeling one-sided for a long time."



COURAGEOUS CONVERSATION MODEL

- Identify and state the issue. (*Isolate it from all the other issues, and choose one, and only one, issue for this conversation.*)

- What prevents me from initiating this conversation? (*List all the reasons and excuses that have prevented the conversation from taking place.*)

- What is the current impact on me? (*Time, energy expended, feelings, etc.*)

- What is the possible long-term impact on the relationship if this conversation doesn't take place?

- Predict what the other person might say.

- What would be the ideal outcome of this conversation?

A SAMPLE COURAGEOUS CONVERSATION

- Identify and state the issue. (Isolate it from all the other issues, and choose one, and only one, issue for this conversation.)

I want to have a discussion with my husband regarding our finances and my lack of responsibility in keeping my spending within our means.

- What prevents me from initiating this conversation? (List all the reasons and excuses that have prevented the conversation from taking place.)

I'm afraid that if I tell him I've been using my credit card, he'll get angry. I am worried that he'll want me to change my spending habits. I'm concerned that he will think I'm selfish and not interested in our financial future.

- How does not having this conversation affect me? (Time, energy expended, feelings, etc.)

I've been preoccupied with this issue, and each time I'm with my husband I think about telling him about my spending, but I don't. I get a knot in my stomach whenever I think about having the conversation. I feel like I am out of integrity and living a lie.

- What is the possible long-term impact on the relationship if this conversation doesn't take place?

If I'm dishonest in the financial area, I could easily become dishonest in other areas of our life. Barriers could come between us from the lack of honest and open communication. Our financial future could be jeopardized and we could end up without money for retirement.

- Predict what the other person might say.

How could you be so selfish? Why didn't you tell me? Don't you care about our financial future? You've placed a huge burden on me. Or, thank you for being honest. I know that this must have been difficult for you.

- What would be the ideal outcome of this conversation?

It wasn't as difficult as I had imagined. My husband was very understanding and forgiving. Together we are going to work on a financial plan and have a fresh start. I feel so much better and less guilty. I'm feeling more in love with my husband and feel closer to him as a result of our conversation.

