

## Handout 2.1

### WOMEN CONNECTED 11-SESSION COACHING GUIDE OUTLINE

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 2.2

### BUILDING TRUST TOGETHER

Write your individual responses to the following statements.

I trust people who . . . *(list all the things that people do to create trust with you)*

I don't trust people who . . . *(list all the things that people do to break trust with you)*

After you have shared your responses with a partner, write your answers to the following questions.

What are the ways that we can establish trust in this group?

If trust is broken within the group what will you do to reestablish it?



## **Handout 2.3**

### **CAPTURING WHAT MATTERS MOST TO ME**

What was most valuable to you in this session?

Regarding this session, what are your thoughts, feelings, or reactions?

I contributed to the group when I



**Handout 2.4**

**MY COMMITMENTS**



Trust that still, small voice that says,  
“This might work and I’ll try it.”

□ DIANE MARIECHILD

Today’s Date \_\_\_\_\_

Commitment \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Date completed \_\_\_\_\_

Commitment \_\_\_\_\_  
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Date completed \_\_\_\_\_

Commitment \_\_\_\_\_  
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\_\_\_\_\_

Date completed \_\_\_\_\_



## Handout 2.5

### CONTACT INFORMATION

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Home Phone \_\_\_\_\_

Work Phone \_\_\_\_\_

Mobile \_\_\_\_\_

Fax \_\_\_\_\_

E-mail address \_\_\_\_\_

Birthday \_\_\_\_\_



## Session Accelerator 3.1



### SEASONS OF MY LIFE

**PURPOSE:** To connect and build trust within the group by sharing life experiences. This activity acts as a concentrated autobiography for each woman. It is a valuable tool in understanding the past experiences, accomplishments, difficult times, and significant events of the members of your group.

**PROCESS:** Reflect on your life over the last several decades. Remember the highlights, challenges, celebrations, accomplishments, losses, and adventures; the peaks and the valleys of your life. (You'll find some suggestions for reflection at the bottom of this Session Accelerator.) What learning did you take from each decade? Who were the people that influenced and guided you during each period? Begin at 10 years of age.

On a large sheet of paper (11 by 14 inches) draw a graph that represents The Seasons of My Life. With the horizontal middle of the paper as the neutral zone, mark each of the significant memories in a way that reflects its variance from neutral.

- Does your graph look like a series of mountains and valleys?
- Does your life graph look fairly even across the decades?
- Do some of the decades look different than others?
- As you review your life, what are the patterns and themes?
- What do you think your life has been about?
- What, if anything, is missing?

### SUGGESTIONS FOR REFLECTION

Think about family changes, marriage, children, divorce, death, mentors, teachers, education, career/job changes, religious/spiritual experiences, travel/vacation, hobbies/sports, holidays, recreation, moves, role of music/literature/art, or anything else that will trigger your memories.