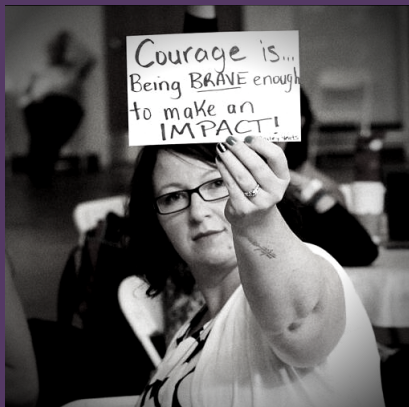


Courage Circle Framework and Meeting Schedule

updated
08/2017



Courage Circle Meeting Schedule

2 hours total for meetings and each group will meet 2x/month

50 minutes - Welcome, Intentions, Truth and Dare

5 minutes: Welcome

10 minutes: Share one win, celebrate from the week before.

Each person in the circle shares and after each person shares, we cheer and clap!

40 minutes: Courage Igniter Session

This is where you will share the video recorded by Chantelle Adams teaching the Courage Focus of the month and walking the circle members through some visualizations, activities and questions to help them dig deeper into the Courage Focus of the month and to have everyone be working towards a common direction though their dares may be very different they will all be under a common theme which will bring even more unity.

Show Video Courage Lesson and pause for the group to take action and write when asked to.

1) Chantelle will guide them in the exercise to find their fear around the specific theme of the month, a new truth and to choose their specific dare then they can take each just 1-2 minutes each to share. If you have a large group you can break up into groups of 5 for just the sharing part.

2) What fear is coming up, what is the resistance to the action will you take and the intention you set? Remind this is a safe space where you will be heard, seen and accepted fully, no judgment.

3) Truth and Dare, first write down the fear that was coming up for you and then write down what is a new truth and a dare they will do in their life, have them write it down first and then share.

5 minutes: Come back together as a group (if you separated to share) for the next part of the circle. When you come back together invite 2-3 people to share their intention, fear and new truth and dare.

Courage Circle Meeting Schedule

2 hours total for meetings and each group will meet 2x/month

1 hour - Speaking Section & Close

20 minutes: Speaking Tip/ exercise/ strategy/ activity to improve speaking (this will be shared with leaders each month and is connected often to the Courage Theme of the month)

20 minutes: Storytelling

2 members will speak each meeting, prepare a 3-5 minute speech then they will receive feedback from the group as a 'Strength' and 'Take it to the next level' feedback. Please keep the feedback positive, empowering and encouraging and everyone gets a standing ovation when they deliver their speech!!!

Each month the person giving the speech will give it on a story connected to the Courage Theme of the month. So if the theme is having the Courage to Speak Your Truth they will share a story around a moment in their life where they had to speak their truth and the lessons learned.

5 minute speech, 5 minute discussion/feedback

10-15 minutes: Close

Give the speaking focus for next meeting for those who will be speaking (Courage Theme of the Month)

Choose 2 to give a 3-5 minute speech

Share the main ah-ha that each person received from today's Courage Circle