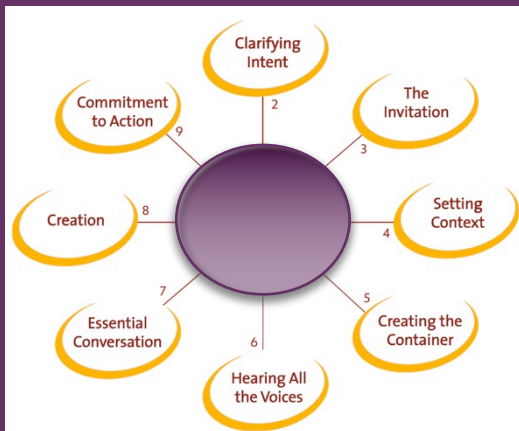




Case Study: Empowering Sessions

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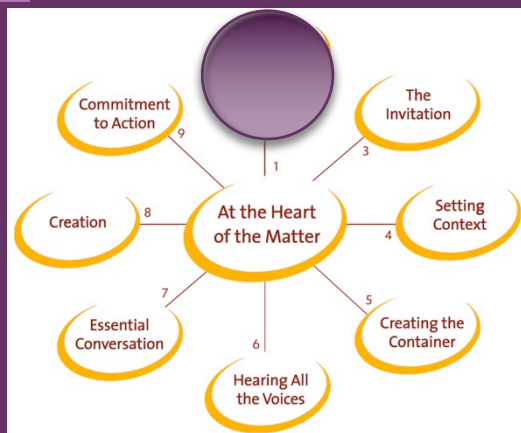
1. At the Heart of the Matter

What is the core purpose of the meeting?

Why you are meeting?

What are the expected outcomes?

- Core purpose:
 - TO INSPIRE AND EMPOWER
- Why
 - To share experiences
 - To learn from each other
 - Get inspired and motivated to generate positive changes and stand for the values that guide our lives
- Expected outcomes:
 - That we feel:
 - Safe to share without fear
 - Open to hear without judgment
 - Inspired to take control of our lives
 - Ready to implement changes and create the life we want



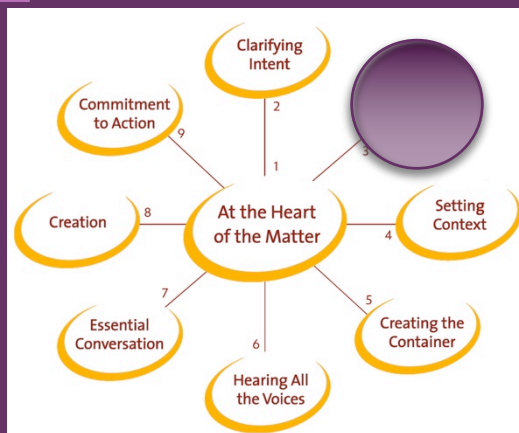
2. Clarifying Intent

What is the intent of the meeting?

What will you do?

Create a design or agenda for your meeting.

- Intent:
 - For women to gather and share their experiences and perceptions and let their wisdom flourish
 - To create a safe virtual space for sharing, healing, learning and growing.
- What we will do:
 - Stringing the beads: we'll hear all the voices
 - Meaningful exchange: we'll discuss one topic that has been previously presented (reading material, i.e. blog post)
 - Finding shared purpose: we'll co-create something new and allow for unexpected results
 - Committing to action: we'll share actionable changes to work on for the next meeting
- Plan
 - 4 meetings, once a month. Suggested topics:
 - Assertiveness
 - Conquering fears, removing blockages
 - Implicit and explicit forms of abuse
 - Wellbeing and reconnecting with the body
 - Be yourself, love your life



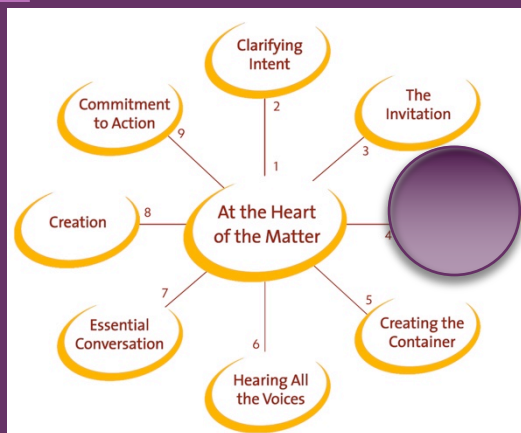
3. The Invitation

Who will you invite?

Why should they come?

What is in it for them?

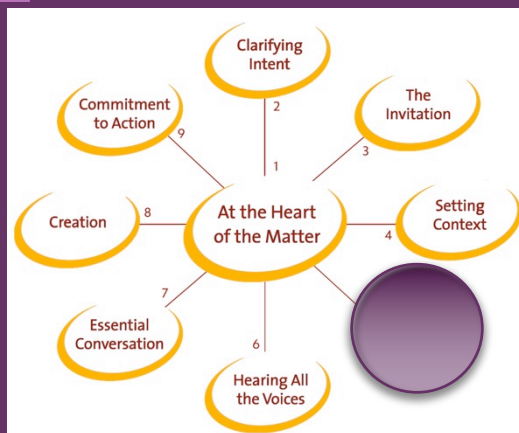
- Invitation:
 - To start with, I'll apply it to my closest friends, to gather feedback.
 - Then will extend invitation to all my Fb friends and eventually it'll grow and people will want to participate in the Empowering Sessions
- Why they should come:
 - The sessions will help them to be a better version of themselves, more assertive, less fearful, more confident and happy.
- What is in it for them:
 - The possibility to discuss things that happen to all of us, that we don't get to talk about; to break blockages, remove obstacles and generate positive changes in their lives



4. Setting Context

How will you describe the form, function and purpose of the meeting once the meeting has begun?

- Agenda
- Agreements and protocols
- Hearing all the voices
- I'll briefly share what calls me to convene this gathering
- Conversation about proposed topic (people will have read and answered journaling questions)
- If needed, I will ask "thought-provoking" questions, to instigate the discussion, but it won't be like a class
- Towards the end of the meeting, we'll co-create something new.
- I, as the convener, will be responsible for guiding them in this process and encouraging them to speak and to create.
- Then we'll share our key learnings and action items to work on for the rest of the month.

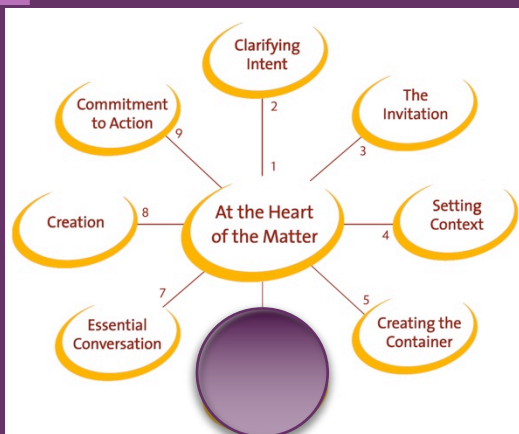


5. Creating the Container

Where will you meet?

What are the norms and agreements of meeting?

- Where:
 - Meeting will be online – potentially on Zoom
- Norms and agreements:
 - To come to meeting prepared
 - To be punctual
 - To be fully present
 - To listen to one another
 - To be respectful
 - To respect confidentiality
 - To detach from phones and other distractions



6. Hearing All The Voices

How you will facilitate each person to speak?

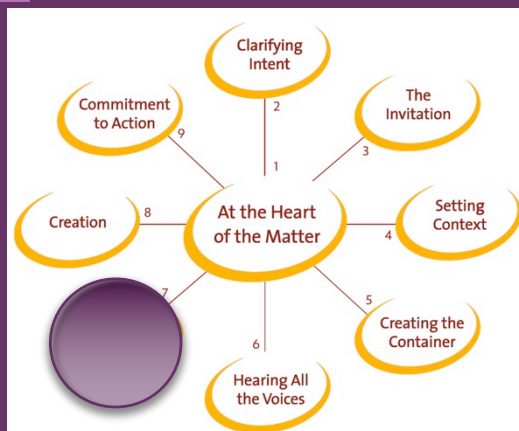
What methods and practices will allow for the full expression of all participants?

■ Stringing the beads

- All participants will say their names and say what they expect from the meeting.
- Alternatively, there can be a check-in question, such as “what are you grateful for today?”

■ Reminders

- “I seek to be interested rather than interesting”
- “I seek to understand and be of service”
- I seek to speak from the heart, succinctly and with clarity”

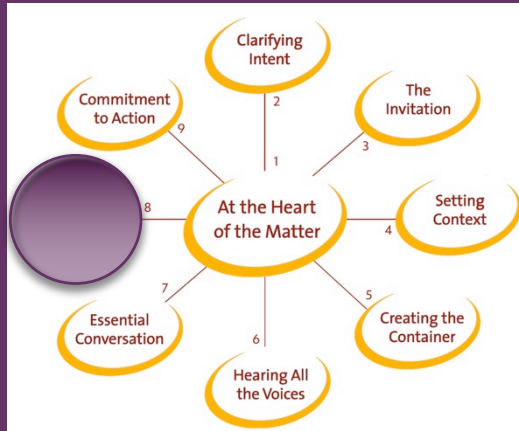


7. Essential Conversation

What are the success factors for a fully engaged meeting?

What needs to be in place for full engagement and how will you know when it occurs?

- As the convener, I will encourage everyone to speak and make sure that people feel safe, heard and seen
- For full engagement: people have to have read the material and answered the journaling questions
- I will know that full engagement has occurred when I notice the Arc of recognition (hopefully!!)

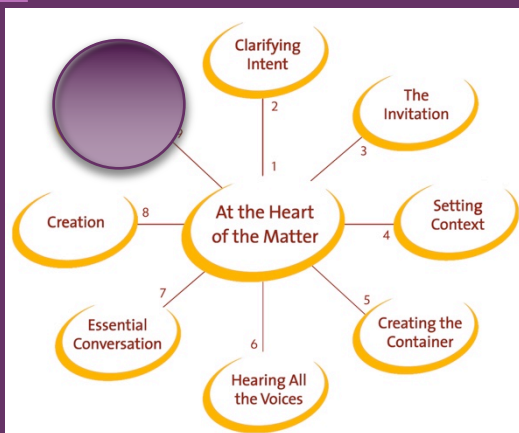


8. Creation

What do you wish to create that is new/innovative in this meeting?

What are the potential opportunities/possibilities that stretch you?

- From this encounter:
 - Attendees feel safe, respected, heard and seen
 - We share life events and recognize ourselves in one another
 - We inspire and encourage each other to create opportunities for empowering ourselves and taking ownership of our lives



9. Commitment to Action

What significant commitments, responsibilities and accountabilities do you expect from yourself and others from this meeting that will make a difference?

- Attendees will:
 - Share key learnings
 - State commitments and things to work on before the next meeting.
 - Partner calls in between to keep track and motivate change
 - Committed action with responsibility and accountability to each other



Next steps

Before my first session

- Lay the ground adequately for essential conversation to occur: prepare reading material and journaling questions.
- Find first guinea pigs :)

Thank you very much!

