



One Hour Follow-Up Group Sessions

BitterSweetCoaching.com | Tel: 475-329-0272 | bittersweetcoaching@outlook.com

(For phone / in person, time based on 4-8 participants)
Follow up after Masterplan for Change is completed.
Sessions up to 1 hr

PREPARATION:

- Prior to each session know who the two people are who will be coached at each session.
- * We encourage coaches and participants to use a headset if doing sessions by phone.

1st ONE HOUR FOLLOW-UP SESSION

WELCOME: 3 mins total

Check in & use any M/B practice to open – but always engage the breath with it.

Coach: Welcome friends, thank you for being on time.

- Let's begin with a 1 minute centering breath practice (choose one).
- Please have your Masterplan for Change ready.

ACCOUNTABILITY Round Robin (2 mins each) 8-12 mins total

Coach: In this session we practice accountability by first sharing your affirmation and the action step and the practice that each of you committed to at our last session. Please share how it went for you.

MASTERPLAN FOR CHANGE Support: 15 min per person = 30 min total

Directions for the Volunteer Participants: 1 min

Coach: Now I will ask THE FIRST volunteers for today's sessions to work with their Masterplan for Change. Each week 2 of you will take your turns with your Masterplan for Change.

First Participant (Name), please read through the entire first page of Part 1 of your Masterplan for Change (all the way through to the end of the sheet on Part 1 only) 7 mins

Note: When the person reads their affirmation/visualization part of their Masterplan, invite everyone to join in on visualizing with the person as they describe their imagery: the surroundings, colors, sounds, what they would be doing if their intention was fulfilled, what they look like and describe what they feel like "as if it is already so." Then after they have read through the all of Part One of the Masterplan ask them to come back to their challenges.

Coach: Lets go back to your challenges and please choose one challenge/s, which you would like support from the group. (Group ideas, exploring strategies, etc.) 6-7 mins

Note: Participant's complete their turn by: 2 mins

- stating their action steps, and specifically when (day & time) they will take their action steps,
- state their one scheduled Mind/Body Practice.

Coach: Acknowledge the participant and then move on to next person. Lead a 2-minute Mind/Body practice (Massage ears, rotate neck, get up and stretch, breathe and so on.)

Next person's turn to read through their Masterplan for Change 15 mins total

(Directions same as for the first person.)

SET UP ACTION STEPS for next session for the remaining participants 8 mins total

Coach: Okay Lets all take 3 deep breaths....and for the remaining participants..

Each person has 1 min each MAX

- Please state your one action step AND
- Your one M/B practice for next week

CLOSURE: 1-2 mins

- Remind everyone of next session time.
- End:

- If in person: lead the participants in one of the following: stretch, breathe, shake, self-applied massage, tapping, relax, or visualize.

- If on phone: by encouraging everyone when they get off the phone to do a Mind/Body practice.



Two Hour Follow-Up Group Sessions

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WELCOME: 3 mins total

Check in & use any M/B practice to open – but always engage the breath with it.

Coach: Welcome friends, thank you for being on time.

- Lets begin with a one-minute Mind/Body practice (choose one).
- Please have your Masterplan for Change ready.

ACCOUNTABILITY Round Robin: 8-12 mins total

Coach: Again first I invite each of you to give “literally a 2-minute report” on your affirmation & action step & your chosen Mind/Body practice from our last session.

- First state your affirmation.
- If you took your steps, what made you successful at taking that them?
- If not, what could you do differently next time? *
- In other words, what is the victory of learning? 2 min each

* Note: Another question you can ask during accountability: If you did not take your action step, is there anything you did last week that contributed to your goal or to your well-being?

Note: Coach, let participants know that they may want to have a list of questions or reflection from the Follow-Up exercises to help them to “Re-evaluate & Revise” their action steps. Another option: Coach asks reflection questions out loud for one minute.

MASTERPLAN FOR CHANGE Support: 13-15 min each person = 30 mins total

Note: Coach, you already know who your two volunteers are:

Directions for the Volunteer Participants: 1 min

Coach: Now I will ask one of the 2 volunteers for today’s sessions to work with their Masterplan for Change. Each week 2 of you will take your turns with your Masterplan for Change.

First Participant (Name), please read through the entire first page of Part 1 of your Masterplan for Change (all the way through to the end of the sheet on Part 1 only). 4 mins

Note: When the person reads their affirmation/visualization part of their Masterplan, invite everyone to join in on visualizing with the person as they describe their imagery: the surroundings, colors, sounds, what they would be doing if their intention was fulfilled, what they look like and describe what they feel like “as if it is already so”. Then after they have read through the all of Part One of the Masterplan ask them to come back to their challenges.

Coach: Lets go back to your challenges and please choose the challenge/s, which you would like support from the group (Group ideas, exploring strategies, etc.) 6-7 mins

Note: Participant's complete their turn by: 2 mins

- stating their action steps, and specifically when (day & time) they will take their action steps,
- as well as their one scheduled Mind/Body Practice.

Coach: Acknowledge the participant and then take a breathing break.

BREAK: 2 mins

After the first person completes their turn, lead a 2-minute Mind/Body practice

2nd ONE HOUR FOLLOW-UP SESSION, continued (Massage ears, rotate neck, get up and shake or bounce around, and so on.)

Now it is the next participant's turn to read & get support with their Masterplan. 15 mins total
SETTING UP ACTION STEPS / ACOUNTABILITY for next session 5-8 mins total

Coach: Okay Lets all take 3 deep breaths....and for the remaining participants..

Each person has 1 min MAX!

- Please state one action step AND
- Your one M/B practice for next week

OPTIONAL CLOSURE Follow-up Session 2, 3 4, or 5: 5 mins total

- Remind everyone of next session time.

Complete the session with the 3-minute guided visualization (lifeboat example), or a deep relaxation process. (If doing this, make sure everyone moves drinks water and is fully awake afterward!). Allow 2 minutes to move shake and wake up!



Three Hour Follow-Up Group Sessions

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WELCOME:

Check in & use any M/B practice to open – but always engage the breath with it. 1-3 mins
ACCOUNTABILITY Round Robin:

REPEAT: affirmation / action step / MB practice report: (1 min each person) 8-10 mins

MASTERPLAN FOR CHANGE Support 15 min each participant = 30 mins total

- Repeat until all participants have completed sharing 15 mins each their entire Masterplan for Change
- 2 people per session
- Make sure to take a 2 min break in between the two longer sharings as in the previous sessions.

SET UP ACTION STEPS & Accountability for next session 5-8 mins total

REPEAT, as before:

- 1 Action Step & 1 Mind/Body Practice

Note: If they seem ready, encourage people to be accountable for more (2-4) action steps.

Their action steps can include other areas of their life, as long as they take one step in their original area of focus.

CLOSURE for Session 3: 5-10 mins

Coaches: Ask your group if they would like to have any of these presentations or activities listed and/or ask for any additional ideas from your group for any of the following sessions.

Presentations / Guest Speakers / Discussion Topics:

- Yoga, Tai Chi, dance, compassionate communication skills, cooking class, skills for emotional or psychological wellbeing, nutrition, self-esteem, money/finances, alternative health practitioners (acupuncture, body therapies, healing herbs or supplements, aromatherapy, chiropractic, meditation instruction) medical info, or any specific presenter for your group.
- Collages (vision board) if “in person” or as a “do at home” assignment
- Creative art projects, Personality assessments, Intuition exercises, The Passion Test, more guided visualizations.
- Intention rituals, prayers, hands on healing, blessings, other rituals or ceremonies, dance your intentions, celebrations, potluck, or a party.
- Go outdoors or follow a DVD to do Tai Chi, Qigong, movement, Yoga
- Exercise for specific area of interest. Eg: Life Purpose: take The Passion Test (See Passion Hexagon from Oprah)



Four Hour Follow-Up Group Sessions

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WELCOME: Check in & any M/B practice to open – but always engage the breath with it. 1-3 mins

CHOOSE OPTION 1 OR 2:

OPTION 1:

ACCOUNTABILITY Round Robin:

REPEAT: affirmation / action step / MB practice report: (1 min each person) 8-10 mins

MASTERPLAN FOR CHANGE Support: 15 min each participant = 30 mins total

REPEAT, as before, if you have a larger group:

- Repeat until all participants have completed sharing 15 mins each their entire Masterplan for Change

- 2 people per session

- Make sure to take a 2 min break in between the two longer sharings as in the previous sessions.

SET UP ACTION STEPS & Accountability for next session 5-8 mins

REPEAT, as before:

- 1-3 Action Step/s & 1 Mind/Body Practice

Note: Their action steps can include other areas of their life, as long as they take one step in their original area of focus.

OPTION 2:

ROUND ROBIN GROUP SUPPORT 48-56 mins total

If 8 or fewer people in your group each person 6-8 mins

- each person states their goal and their affirmation

- a challenge they would like support in & receives support from the group

- then they state one action step & M/B practice for next week

IF TIME ALLOWS HERE ARE SOME SUGGESTED IDEAS for any session (4th – 8th):

Optional: Discussion of Analogies, metaphors, images, symbols, 10 mins **OR**

Guided Imagery (in person or on phone) 10-12 mins

- You may choose to lead in a guided imagery: Your Sacred Power Place (or one of your choice) and allow 2 minutes to move shake and wake up!

If your group is meeting in person: 10-20 mins total

- Discuss what might be the person's symbol, or metaphor that has special meaning to them.
- Or have them choose one to use now that would support them in fulfilling their goal and intention.
- Intention Ritual (2-3 minutes per person) allow 20-25 mins

If your group is meeting on the phone: 10-20 mins total

- Discuss what might be the person's symbol, or metaphor that has special meaning to them.

- Or have them choose one to use now that would support them in fulfilling their goal and intention.

Note: Coaches, please feel free to do the rest of the sessions tailored to your group's needs and wants. Analogies/Metaphors is a suggested option for this session- not required!

CLOSURE 4th or 5th Follow-up Session: 1 min

- End by encouraging everyone (when they get off the phone or if in person to do a Mind/Body Practice (Stretch, Breathe, Shake, Self-Applied Massage).



6th, 7th & 8th Hour Follow-Up Sessions

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WELCOME:

Feel free to use any M/B practice to open – but always engage the breath with it. 1-3 mins

ACCOUNTABILITY Round Robin:

REPEAT: affirmation / action step / MB practice report: (1 min each person) 8-10 mins

If Everyone Has Had A 12-15 Minute Turn: 50 mins total

- You could have a Guest Speaker for hour and a Q&A discussion lasting 15 minutes.
- Or Choose a group exercise that is tailored to the group.
If 8 or fewer people in your group: (each person 6-8 mins) 48-56 mins total
 - o each person states their goal and their affirmation,
 - o a challenge they would like support in & receives support from the group,
 - o then they state one action step & M/B practice for next week

Note: Their action steps can include other areas of their life, as long as they take one step in their original area of focus.

CLOSURE 6th, 7th & 8th Follow-up Sessions: 1 min

End by encouraging everyone (when they get off the phone or if in person to do a Mind/Body Practice (Stretch, Breathe, Shake, Dance, Self-Applied Massage).

LAST SESSION (may be 6th, 7th or 8th session)

USE YOUR CREATIVITY TO CELEBRATE THEIR VICTORIES
WITH THE Manifestation Process!!!