



Your Own 90 Minute Workshop

Here is an outline for your training professionals to follow. Let us know if you need any assistance.

- Roy and Scott

General instructions

1. You are *leading people through an experience*, not “teaching” them something.
2. Complete each section on time in order to complete all the sections.
3. Strong suggestion: *do this process yourself* as you lead it.

Introduction – 5 minutes

1. Introduce the purpose of the workshop and its focus on the challenges resulting from the COVID-19 pandemic.
2. Ask people to share what they are noticing about their *state of mind* about the pandemic. Keep their *stories* short, focusing instead on their emotions, their thoughts, and the actions they are taking or failing to take.

Recognizing the Anxiety – 25 minutes

1. Share Figure 1 and ask people to make notes right on the diagram.
2. Review Briggys' statements and prompts for each of the four states of anxiety. Use her words to help people remember moments when they had that experience. Receive a few shares after each recall to help “land” understanding in the group.
 - a. Help them recall moments of Compulsion.
 - b. Help them recall moments of Obligation.
 - c. Help them recall moments of Survival.
 - d. Help them recall moments of Impossibility.

Catching the Mind at Work – 20 minutes

1. Use Figure 2 and Briggys' words on p. 6 to introduce Interpretation.
2. Have people pick one moment from those they just recalled.
3. Have them “return” to that moment, “and listen to the many thoughts racing through their heads.”
 - a. Have them write down a few of the *conclusions* they hear.
 - b. Have them write down a few of the *demands* they hear.
 - c. Have them write down a few of the *predicitons* they hear.
4. Ask for some shares about what they heard.

Generating Confidence and Commitment – 40 minutes

1. Have everyone put down their pens and either close their eyes or look down.
2. Use Briggy's words on p. 7 to introduce this experience.
3. Use Briggy's words, *leaving plenty of time*, for them to experience each step.
 - a. Lead them through the experience of Accepting.
 - b. Lead them through the experience of Deciding.
 - c. Lead them through the experience of Aiming.
 - d. Lead them through the experience of Possibility. Have them write down what they are going to do and when they are going to do it.
4. Take a large number of shares, focusing on *what they have chosen to do* and *how they feel*.