

Life Changing Courses

BUILD & LEAD SOUGHT AFTER PROGRAMS THAT CREATE GLOWING FANS

STEPS 5 & 6: AFTER YOUR METHODOLOGY

After you present the heart of your curriculum – your methodology in Step 4 – your hero's journey isn't done. Just like you don't simply end high school or college with your last class – graduation really brings it home and seals it in – same in your curriculum. Steps 5 & 6 help your Hero complete your program effectively. Your Hero needs an ending in order to fully integrate, process, understand, and follow through, and next steps from your methodology.

Step 5: Lead Client to Integration & Celebration: What did they learn? What did they Accomplish? What's their takeaway?

- This step is metaphorically like taking final exams in high school to integrate all the learning & then Celebrating Great Scores
- The way human beings learn and grow best is that they have a transformative experience, and then if they can either put that shift into words or sometimes can't do words right away but express the feeling of it...the learning and growth go deeper, and makes a deeper impression in their brains, hearts, bodies.
- Also, the activity of hearing takeaways can help both the facilitator as well as other participants in the room.
 - Facilitator: to track the progress
 - Other participants: to be reminded by others' shares of their own shifts and takeaways
- How to do Step 5 Practically: Some ideas
 - Simply ask: What's your takeaway? What did you learn?
 - What are the top 3 things you're taking away?
 - Make a list of all the things you've learned in this program
 - What shifted since we began?
 - What do you want to celebrate since we began?

Step 6: Seal it In & Look to the Future

- This is like actually receiving your diploma at graduation
- How to do Step 6 Practically: Some ideas
 - Write a sacred commitment on a piece of paper (and then from there a whole slew of body-centric facilitation tools you can use to bring it into their body, heart, and soul)
 - Decorate a rock with a word that symbolizes all they've accomplished
 - Write down the next steps and plan
 - Gratitude Circle
 - Take the action/practice/co-work (in ongoing programs)