

## **Session 9: Run Sheet**

### **Group:**

#### **1) Explain 3 different cultural groups**

- What culture do they think they operate in?
- Ask if they are friends or know people from any of these cultures?
- Keep it light –
- Help them understand “my way is not the only way”.

#### **2) Movies/DVD's (If they watched them for homework)**

- General discussion
- What did they notice going on
- Could Racing Stripes could be compared to the game of life?

#### **3) Take your clients through both visualisation exercises** General discussion:

- What was it like being in the desert versus being in the forest.
- What did they discover about themselves

**Prepare them** for TQ – how would they feel if we could give them an easy tool to monitor their efficiency, success and to up their power to achieve. Docs: Visualisation exercises, Worldview

### **1:1**

#### **1) Slow things down**

Take time to check in where they are with the program; what is the most difficult to learn? What would they like to discuss further?

- What are they thinking about.... what are they percolating?
- What are they doing about it. Are they taking action and creating small shifts with awesome outcomes?

#### **2) Movies/DVD's (If they watched them for homework)**

- Debrief learning,
- Anything they can relate to?
- What could they take on for themselves?
- What would like to start doing differently?