

# Facilitator Guide: Gathering I – Setting the Stage

If you haven't already, be sure to review the [Facilitator Overview](#) [HERE](#).

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## Welcome and Introduction:

Welcome to the first gathering of this journey! As a facilitator, your main role is to create a warm and welcoming atmosphere while participating alongside everyone else. Remember, the videos will guide participants through each activity, so you don't need to have all the answers! Your job is to help keep things moving and ensure everyone feels comfortable.

We are grateful for your commitment to facilitating this gathering—your efforts are vital in helping Utah women find greater purpose.

**Video URL:** [Exploring Your Purpose: Talents, Callings, and Influence | USU](#)

**Link to print worksheets:** [Exploring Your Purpose: Talents, Callings, and Influence - For Discussion Leaders | USU](#) (printing is optional as participants will be able to pull the worksheets up on their phones using a QR code).

## Session Overview: Setting the Stage

This gathering is designed to help participants:

1. Reflect on personal journeys to recognize how their identities have been shaped and understand their growth potential.
2. Recognize barriers they may have encountered in their growth.
3. Understand the importance of self-awareness in preparing for new opportunities and future callings.

## Activities

### Play Introduction Video (2 Minutes)

- **Facilitator's Role:** Click "Play" on the video to begin. The video will provide an introduction to the gathering's objective.

### Understanding Your Identity (15 Minutes)

- Participants will watch the video explaining the concept of identity (personal, social, cultural). The first questions that will be asked are as follows.
  - What brings you to this learning circle experience?
  - What words would those who know you (friend, neighbor, sibling, husband) use to describe you?
  - What words would you currently use to describe yourself?

- After this learning circle experience, what words do you hope to use to describe yourself?”
- Consider sharing your response first to help others feel comfortable doing the same.
- **Why It Matters:** Understanding one’s identity is the foundation for personal growth. This discussion helps participants articulate their self-perception and areas for potential development.

### Reflecting on Your Past (15 Minutes)

- **Video Activity:** The video will guide participants through reflecting on past experiences that shaped their identities (Claiming, Granting, and Collective Endorsement).
- **Facilitator's Role:** Click "Play" on the video.
- **QR Code:** Reflecting on Your Past



- The participants will be asked to share an example of either claiming, granting, or collective endorsement with the group.
- **Why It Matters:** Reflecting on the past helps participants recognize how their identities have been shaped and allows them to understand their growth and potential.

### Recognizing and Overcoming Barriers (15 Minutes)

- **Video Activity:** The video will identify common barriers women face in their growth journeys.
- **Facilitator's Role:** Play the video. If the discussion is slow, gently prompt.
- **QR Code activity:** Play the video. If the discussion is slow, gently prompt.



- Participants will share their reflections about overcoming barriers.
  - What barriers have you faced in seeing yourself as an influential woman who use her voice and actions toward positive change?
  - How have you addressed these challenges in the past? What strategies or resources helped you overcome them?



- If you're still facing these barriers, how can you address them moving forward? What new approaches can you try?

### Closing Reflection (5 min)

- **Video Activity:** Participants will scan the QR code for the "Planning for Growth" activity.



- **Facilitator's Role:** Click "Play" on the video for the closing reflection. Encourage finding an Accountability Partner and exchanging contact details to support each other's growth. You will need one too!

***Be sure everyone understands that at the next session, we'll discuss each person's strengths. To do so, they need to take a strengths assessment before then and bring the results.***

1. We recommend the [CliftonStrengths/StrengthsFinder](#) as it is the most thorough strengths test. This is a paid option.
2. You may also visit the [High5Strengths](#) website. This option is free and takes about 15 minutes.
3. You can also order the StrengthsFinder book online including on the [Gallup](#) website. Please note: a used book can be interesting, but the assessment access code may have been used.
4. Once they've completed the test, they should take a screenshot of their results and/or bring their journal with their thoughts about their Strengths to our next Gathering.

### Accountability Partners

- Between these gatherings, participants will be asked to reach out to an accountability partner to follow up and share what they are learning. You may want to be sure everyone has a partner they will feel comfortable with. If there is an odd number, there can be a group of 3.



Thank you! By facilitating this gathering, you are helping create a supportive and empowering environment where participants can explore their potential and prepare for future callings. Thank you for your dedication!

