

Facilitator Guide: Gathering III – Purpose and Calling

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

Welcome and Introduction:

Welcome to our third gathering! As a facilitator, your role continues to be to create a warm, inclusive environment where everyone feels comfortable sharing and reflecting on their experiences. As always, the videos will guide us, so focus on participating with the group and encouraging thoughtful dialogue.

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).

Gathering Overview: Purpose and Calling

This gathering will help participants:

1. Understand the difference between purpose and calling.
2. Reflect on personal experiences to identify callings.
3. Consider how to prepare for future callings that align with their values and passions.

Activities and QR Code Instructions:

Introduction Activity: "Understanding Purpose and Callings"

- **Overview:** The video begins with a creative prompt asking participants to share something they really enjoy doing with the group.
- **Facilitator's Role:** Follow along with the video. Start by sharing your own example if needed to get the conversation started. Click "Continue" after each discussion point.
- **Why It Matters:** This exercise sets a positive, imaginative tone and helps participants connect with what they are passionate about.

Discussion: Unpacking Calling and Purpose (11 minutes)

- **Overview:** The video will guide participants through defining “purpose” and “callings” and exploring key dimensions such as internal-external and specific-

general. They will learn the importance of changing their perspective to align what they do every day with their callings and purpose.

- **Facilitator's Role:** Click "Continue" when prompted to move through each dimension.
- **Why It Matters:** Understanding these concepts helps participants align their actions with their values and recognize potential callings.

Discussion: The Importance of Preparing for Future Callings

- **Facilitator's Role:** You and the group will share thoughts of connecting daily tasks with your calling with a partner. Encourage them to take their time and think about their responses.
- **Why It Matters:** This activity helps participants consider how they can align their actions with a deeper sense of purpose and calling. Preparing for future callings gives participants a sense of direction and purpose, motivating them to align their actions today with their long-term goals.

QR Code Activity: "Identifying and Pursuing Your Future Calling (11 minutes)

- **Overview:** Participants will scan the QR code to create a plan for next steps.
- **Facilitator's Role:** Follow along and offer help accessing form as needed. You will all partner up to discuss the activity Discovering and Pursuing Your Calling.



- **Why it matters:** Sharing personal stories helps participants recognize their passions and motivates them to pursue their callings.

Conclusion and Reflection (5 minutes)

- **Overview:** The video will conclude by summarizing key insights and encouraging participants to reflect on their learnings.
- **Facilitator's Role:** Click "Continue" to wrap up the session. Offer enough time for participants to connect with their Accountability Partners.



By facilitating this gathering, you help participants explore their unique purposes and callings, contributing to a community of empowered women in Utah. Thank you for being a key part of this journey!

