

Facilitator Overview:

Exploring Your Purpose: Talents, Callings, and Influence

Overview:

- The purpose of this series is to help women explore our gifts, talents, and strengths—and uncover our purpose and callings to prepare for greater influence.
- There are four interactive gathering that take 45 - 60 minutes each.
- The gatherings are guided by videos that lead participants through various activities and discussions.
- As the video plays, there will be moments to pause, reflect, share, and talk about different topics.
- Participants will use their phones to scan QR codes to open activities. The responses will be emailed to the email address given so participants can see their responses at any time. Copies of the activities are available to print if preferred.

Getting Started:

- First, you need a group! Groups can be neighbors, civic or religious groups, or friends and families.
- Next, schedule the sessions. There are four gatherings and we recommend getting them all booked on the calendar. Our recommended pace is to do one session every two weeks for continuity and deeper engagement.
- Lastly, remember maximum impact will be achieved when a group maintains their momentum together. The conversations build on each other, so very effort should be made to ensure group members are committed to attend all four sessions.

The Role of Facilitator:

- Before your first session, [print](#) any desired handouts and test the [video](#), whether you will be streaming it or playing it on a laptop or tv, to be sure everything works seamlessly.
- Create a warm and welcoming atmosphere.
- Rely on the videos to guide participants through each activity. Push play, pause, or go backward or forward as needed.
- Manage time and use your judgment to decide when it is best to end the discussion a little early or extend the time a few minutes. Optimizing the group's time is key.
- Participate alongside everyone else. You are not the "expert" and don't need to have the answers.
- Keep things moving and ensure everyone feels comfortable participating.

We are grateful for your commitment to facilitating this gathering—your efforts are vital in helping improve the lives of Utah women.

Key Reminders:

- **Facilitator's Role:** Navigate the video by pushing "Play" on the video to begin. The video will provide an introduction to the gathering's objective and an opportunity to get to know each other.
- **The Videos Do the Heavy Lifting:** Trust that the video content will guide participants. You should watch the time and click the Continue button when it is time to move on to the next topic.
- **Encourage, Don't Pressure:** If there is a pause, it's okay. People may need time to think, and that's natural. Consider sharing your response first to help others feel comfortable doing the same.
- **Use Simple Prompts If Needed:** If the conversation stalls, a gentle, open-ended question can help, but remember, the video will keep things moving.
- **QR Code Tips:** Help participants scan QR codes, or provide printed copies of the activities if preferred. Let participants know that the responses will not be monitored but will be emailed to them if they enter their email. If participants don't enter their email, they can take a screenshot of their responses to refer to.
- **Kudos and Thanks:** Thank participants for their openness and engagement.
- **Accountability Partners:** Encourage participants to identify and connect with an Accountability Partner after the first gathering by exchanging contact details. Between the gatherings they will support each other's growth by discussing their goals and progress between sessions. You will need one, too!

There are four videos in the series, completed in this order:

1. **Gathering 1: Setting the Stage**
2. **Gathering 2: Discovering Your Talents & Strengths**
3. **Gathering 3: Purpose and Callings**
4. **Gathering 4: Preparing to Influence More Boldly**

By facilitating these gatherings, 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!

About the Utah Women & Leadership Project (UWLP)

The Utah Women & Leadership Project (UWLP) is dedicated to strengthening the impact of Utah girls and women through research, resources, and community engagement. This curriculum is part of UWLP's ongoing effort to empower women to recognize their unique gifts and prepare for future opportunities to lead and influence in their communities. It supports the statewide movement A Bolder Way Forward.

