

FAQ

Exploring Your Purpose: Talents, Callings, and Influence

Provided by the Utah Women & Leadership Project

In support of A Bolder Way Forward

This series uses an innovative group-learning approach where meaningful conversation drives transformation. The hope is there will be ripples of change in our communities as women explore their purpose and come to understand their talents, callings, and influence.

What is the purpose of this series?

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.

What are interactive videos?

Each video uses interactive technology to replicate a professionally facilitated group-learning experience. The design allows your group to navigate activities, key content, and skill-building, with the intent to create meaningful group discussion. No one in the group needs to be a presenter or expert on the content. You just need to press play!

What is the content?

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

Is there a cost?

The videos and curriculum are available at no charge through the Utah Women & Leadership Project.

How do we get started?

The good news is everything is ready to go! These are on-demand videos with open access.

- First, you need a group! Groups can be neighbors, civic or religious groups, or friends and families.
- Second, your group will need to designate a Facilitator. This is an important role that will help the experience be a success. (See the Facilitator Guide [HERE](#).)
- Third, schedule the sessions. There are only four videos 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, 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.

Is there an ideal group size?

The videos support groups of various sizes, and the ideal can be anywhere from 3 to 10. When you have a group willing and ready, you should jump in! Group members should commit to completing all four gatherings with their group.

Who should participate? What kind of groups can do this?

The intent is to use these videos to help women understand their gifts, talents, and strengths, and how that contributes to purpose and callings. The conversations are designed for everyone no matter where they are on their journey, to help them realize how they can have a greater influence. The videos are built to work with a variety of group types, from neighbors, civic groups, congregations, friends, or family.

Why is the focus on conversation?

Conversation is a powerful tool for growth and transformation. You can gain knowledge on your own, but you need others to have conversation. The design of each video is to encourage sharing on a deeper level as participants learn about themselves.

Can I do the video series on my own?

The design of the videos is meaningful group conversation. While you could click through a video on your own, you will quickly see it is not like YouTube or other 1:1 media formats. The experience is intended for a group to learn and discuss together.

What is the time commitment? How long are the videos?

The run time of each video is around 15 minutes, but they are designed with activities and discussions that create a 45-to-60-minute experience for each gathering. Depending on your group size and dynamics, your group's session may run a little shorter or longer.



Do groups need to meet in-person?

Your group can meet virtually or in-person. It works best if either everyone is in-person or everyone is virtual. The videos are easily shared in virtual meeting platforms and activities and resources are available digitally. In-person meetings provide the benefit of the face-to-face interaction and a few of the activities have the option of printing hard copies if needed.

