

# Oasis Nurture Group for The Nurturing Journey

## Group Guidance and Mentoring Calls with Rebel Rev. Monica Douglas-Clark

### How to make the most of your Group Calls?

#### Call Practicalities and Technology

We will be using online webinar technology that you can access from a computer, smartphone, phone or tablet for the live calls. You will be provided with a link and instructions before the first call. The discussion will be recorded and uploaded to a private section in the website for those who were unable to be on the live call.

Check your technology before the call, make sure your internet/telephone line is stable (otherwise you will drop in and out of the call) and you have enough charge.

Take time to prepare for the call – Make sure that you are online before the call is due to start. You will be given a link. Have some quiet time. Five minutes of breath awareness will bring you into the right state for the call. Know that this time is part of your commitment to your Nurturing Journey.

Use the mute microphone button unless you want to speak, unmute to speak. This keeps the line quiet and clear for us all from background noise, dogs barking, TV sounds and typing etc... Please avoid using the loud speaker. If the sound quality goes, hang up and rejoin the conversation.

#### Call ground rules

**Trust and Confidentiality** - What is said in the group, stays in the group unless consent is given to share outside

**Use time wisely**, think about what you wish to share with the group. Connect to your inner wisdom before speaking - develop clarity, conciseness and insight through your speech.

**Listen and Share** - Listen to each other, share ideas, ask questions, prepare your NJ statements and get re-focused.

**Be You** - When you speak, please say your name e.g. "This is Monica" Then say whatever you'd like. Please keep comments clear, constructive and concise, so everyone gets time.

#### How to get the best from your NJ Group Call?

**Value the Time:** Imagine you paying a £1000 each session. How would you value the call? How would you prepare? See the opportunity that you have and the privilege of sharing with others on the call. Show up and use the time for your growth and development.

**Prepare by:** Get clear about what you want from each session. Prep yourself before each call.



## **Nurturing Goals and Progress**

Refer to your Nurture Plan or create a journal and write your goals clearly. A good place to begin is by asking the following questions.

1. Where am I now?
2. How have I nurtured my Body, Heart, Mind and Soul this month?
3. What is the next stage of my Nurturing Journey?
4. What has to change this month?

## **Share your Progress and Learning not the Story**

The power of these calls is that you initially get 2-3 minutes of structured time to share your goals and progress. Resist the temptation to repeat old patterns and stories. Be present and share clear, concise statements of what you have learned on the Nurturing Journey. Your statements need to be prepared before our calls.

## **Nurturing Journey Statements**

Now I am.....

I nurtured my Body, Heart, Mind and Soul in the following ways.....

The next stage of my Nurturing Journey is to .....

I have to change XYZ.....

## **Monthly Nurturing Journey Group calls:**

Each 60-minute will follow this structure broadly:

### **1. Welcome and Opening Ritual**

### **2. Input from Nurture Group Participants**

- Gratitude – All participants to state their gratitude for this month - This month I am thankful for XYZ:....?
- Nurturing Journey Progress Last Month
- Nurturing Journey Statements
- Releasing your Rebel insights

### **3. Input from Monica - Specific topic or guidance session**

Time to share, offer feedback

### **4. Commit to Action or Non-Action as necessary**

Clarifying your commitments for next month and support needed:

- Body
- Heart
- Mind
- Soul

### **5. Closing Ritual**

