

The Workshops Done Academy Accountability Program

What is an Accountability Partner + Accountability Pod?



An Accountability Partner (AP) is someone who will happily swap bios, proof-reads presentations to help catch typos and give feedback on your workshops. You know, those besties who are online with you as you give your first webinar, telling you how bright you are shining! An AP is someone who speaks your language and has YOUR workshop dates on their calendar and their own.

An Accountability Pod has two or more Accountability Partners; you meet in a small group of 2-5 wellness entrepreneurs. This is your go-to group for connection with other wellness entrepreneurs who can keep you on track, give you feedback, and call you out when you're playing small.

Receive and offer support and guidance to each other on assignments with each module, overcome challenges, and develop action items to create massive momentum with giving workshops. APs are also reminding you that you are enough and that you're doing AMAAAZING!

Why This is Important

Being in an Accountability Pod can dramatically decrease the time it takes to reach your GOAL of giving workshops successfully! Being a wellness professional as a solo entrepreneur can be lonely and there is no reason to go at it alone.

The WDA Program helps you stay on track with your most important "to-dos" with the live group calls and being in an Accountability Pod is another level to help with accountability. Having outside perspectives to help you keep your focus and inspiration without getting distracted or caught in the "weeds" ensures that you give workshops over and over again and more effectively.

When you communicate to a group of people that you'll accomplish certain things within a timeframe (and you know you have to report back), the odds of procrastinating reduces significantly. We know that steps taken (even small ones) consistently over time produce massive results. Would you like to be a part of an Accountability Pod for this Workshops Done Academy (WDA) Program?

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How to Sign Up

Here in the WDA community, you're among some of the finest and most driven wellness entrepreneurial minds (yourself included). I made it easier than ever for you to create an Accountability Pod.

If you decide you want to find your new business besties and have an AP, go to our [members-only Facebook Group](#), and find the thread on finding your Accountability Pod.

Post what days you would be available to meet and the times, include your time zone, or state "available all weekdays, weeknights and/or weekends." Reach out to one to three other coaches that match your accountability to be an Accountability Partner or form an Accountability Pod. Most members will direct message via Facebook, so make sure you are checking your messages daily.

If you don't find a group right away, don't worry. Sometimes it just takes time to find the right match and you can always request to join an existing pod as well.

Meet Consistently

I suggest a pod of at least three and meet once per week for 30-45 minutes via Zoom. I recommend a group of three or more, so if someone can't make the weekly AP meeting, you still have someone to meet with for the week. The key is to meet consistently. I recommend finding a set weekly date and time on your calendar. Most people meet with their APs long after completing the WDA Immersion Course. You can talk about what works best for your pod.

Use Your Coaching Skills

You can go through WDA as an immersion course, as a group, or self-paced to work with any schedule. We may need to practice self-compassion and compassion for our APs at the pace of getting the assignments completed and that work for them. Setting new deadlines is okay, but I challenge all of you to keep the groups' schedule. You will thank yourself at the end of the program!

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There may be times that you will put on your coaching hat and ask your APs open-ended questions as to WHY they signed up and WHAT are the real roadblocks holding them back. It does not matter how fast someone goes through this program, but it is essential to have a plan and be accountable. Baby steps or giant leaps, we are all moving forward. Together we can do anything! Breathe. You have lifetime access to the course and the materials, so scheduling works for everyone and you are never behind.

Questions for Your AP Sessions

Exchange all contact information with your APs, including email addresses and phone numbers. Support each other by liking each other's Facebook pages and other social media accounts. Decide how you will share information (Email, Facebook Messenger, Google Docs, Email, Facebook Posts, Dropbox, etc.)? Write below.

How will you and your APs meet? (Phone, Text, Video/Zoom Meetings (can screen share), Facebook Room etc.)

Decide on a weekly meeting date and time - mark your calendar for these dates to connect and discuss your homework assignments. For example, every Friday from 12-12:30 EST via Zoom. At each meeting, review goals, discuss where you are in the WDA Program and at least one thing everyone will accomplish that week related to growing their business with workshops.

Ask your APs WHY they signed up for WDA and what their intentions are for taking this course. Ask them how you can best support them during this program. Tell them how they can best support you as well.

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Use an accountability meeting agenda to keep you on track during your meetings. Allow for an extra 15-30 minutes to get to know one another and decide upon your feedback and consequence plan. (How you prefer to receive feedback and what each of you would like your consequence to be if you don't complete your action items from the previous week.)

Ask your APs, what is the obvious next step they need to take this week to get one step closer to presenting successful workshops.

The next week, follow up and ask if they got it done. If your AP didn't get "homework" done, talk about their challenges and how they will overcome these challenges to move forward to give workshops.

Accountability groups are designed to help you identify your obvious next step and complete it week after week. By building on this habit, you will become the type of person who consistently gets it done and achieves your goals! Start your first meeting and watch the magic happen!

Additional Notes + Insights

Questions?

Post in our private members-only Facebook Group at www.facebook.com/groups/workshopsdone/, and I will get right back to you.

To Access the WDA Program, please go to <https://courses.workshopsdone.com/>

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