

## Leaders Guide: Week 4

### ‘What are my values?’ and ‘Preparing for Getting Professional Help’ evening

The key points this week are:

- **\*\*\*NEW \*\*\*** Review of last week and sessions 1&2 recap are shorter leader/helper led discussions.
- **\*\*\*NEW \*\*\*** Values video and discussion is now included here
- You will introduce the ‘Getting Professional Help’ evening using a video to make sure all guests understand and practice how to book an appointment

Remember

- Remind guests that they can still register for the Optional Extra evenings
- Introduce the ‘What the Bible says about Divorce and Remarriage’ video for guests to watch if they like in their own time. These issues will be discussed in the optional evening on Faith and Divorce.
- Do another ‘Personal Story Live’

#### 1. Outline Timetable:

|      |  |
|------|--|
| 6.50 | Leaders set up the zoom call   |
| 7.00 | Welcome  |
| 7.10 | Guest Check In – What did you find helpful from last week? (15 mins)   |
| 7.25 | Discussion on session 1 and 2 - Can you remember what we covered? ‘What has been helpful and what has been challenging?’ (15 mins)   |
| 7.40 | Video 1 - ‘Living Life Well - What are my Values?’ (15 mins)   |
| 7.55 | Individual exercise - write down your 3 core values (5 mins). For the most important value, write down a sentence describing what it means (3 mins). Note down some actions to implement these in your life (3 mins) |
| 8.05 | Group discussion in breakout groups - ‘What are my values and what can I do to live my life more in line with them?’ (15 mins )  |
| 8.20 | Comfort break  |
| 8.25 | Video 2 – Getting the most from professional help (25 mins)  |

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| 8.50 | Group Exercise - 'Who do you want to see and what <u>one thing</u> do you want to ask?' (10 mins) |
| 9,00 | Video - How to Book an Appointment (5 mins)   |
| 9.05 | Guests practice logging on  |
| 9.15 | Video - 'Conclusion and personal story' or Personal Story Live                                    |
| 9.25 | Finish  |

- Video link to Values video  
<https://youtu.be/eMJrIjgKIGs>
- Video link for 8.20 Getting Professional Help and 9.15 Personal Story  
<https://youtu.be/0RMcHgr1HnA>
- Link for the video 'How to book an appointment on the ParentsBooking system'  
<https://youtu.be/lxi661KF7ls>
- Guests log in link to ParentsBooking  
<https://www.parents-booking.co.uk/RestoredLives>

## 2. Facilitating the session minute by minute

### 6.50pm Host sets up zoom call

- All login links are the same as last week. Only leaders log in separately using the RL host details.

### 7.00pm As guests join:

- Welcome them and thank them for coming
- Start relaxed conversation allowing the group to drive conversation if possible
- Check that guests have either printed the worksheet or have a notebook/pencil to work with as you show it on the screen. They will have been sent a link to the worksheet in yesterday's email with joining instructions.
- Encourage guests to get their guest manual and look at the first 3 week's chapters.

**7.10pm (or as soon as you are ready) Guest Check In - 'How has your week been' and 'What did you find helpful from last week?' (15 mins)**

- Explain we will shortly share how our week has been
- First summarise what was covered last week
  - Letting go
  - What is forgiveness
  - Issues that hold us back from forgiveness
- Ask 'How has your week been' and 'Is there anything you picked up last week which you have been thinking about or put into practice'. Ask for a volunteer to go first.
- As guests reply thank them and make a short encouraging individual comment

**Format of the evening**

- Explain to guests that we are now four weeks into the course - halfway through. We find that by this stage we've covered a lot of material and people find it helpful to talk this over and think through how they might use what they have heard.
- We shall then talk about our life values and how they may have have changed/been challenged
- After the break we will look ahead to the 'Getting Professional Help' evening in 3 weeks time.

**7.25pm Recap on Sessions 1 and 2 (15 mins)**

- Can you remember what we covered? What has been helpful? What has been challenging? Leaders be prepared to remind guests. You may want to refer to the workbook.

**7.40pm Video - Living Life Well - What are my Values? (15 mins)**

- <https://youtu.be/eMJrIjgKIGs> Watch all the way to the end

**7.55pm Individual Exercise (10 mins)**

*Write down your 3 core values (5 mins)*

*Choose the one which is most important and write a sentence describing what it means (3 mins)*

*Note down some actions which you could take in the next month which will help you implement these values (3 mins)*

**8.05pm Group Discussion - in breakout groups. 'What are my values and what could I do to live my life more in line with them?' (15 mins)**

Ask guests to share their values and actions. Encourage others to use active listening.

Here are some extra questions if you need them to take the discussion forward:

- Has your divorce challenged any of your values? What could you do to realign?
- Are you able to live more closely to your values since your separation?
- Is there anything you've chosen to do that feels out of step with your values?
- If you feel that your choices were opposed to your values, have you found ways to reconcile this?
- Is there anything you'd like to do differently to realign to your own values?
- What would your future self in 5 years time say to you now?
- What do you want your children to say about you in 10 years time?
- Have you experienced moral judgements from friends/family re your breakup? What have they been and how have you dealt with them?
- Does anyone close to you have beliefs or strong opinions on divorce which you are grappling with?

**8.20pm Comfort break (5 mins)**

**8.25pm Video 2 – Getting Professional Help (25 mins)**

Explain to guests that many people going through relationship breakdown find their recovery is helped and/or accelerated by using various expert professionals (counsellors, coaches, lawyers, other advisors). On November 15 we will be joined by a range of experts from various professions who work with people who are experiencing relationship breakdown. Guests have the opportunity for a 10 minute meeting with any of them.

This video introduces guests to the evening and to some of the people they might want to meet.

Note to Leaders/Helpers - we use a booking system based on one used for school parent teacher evenings. Each professional offers 10 minute slots between 7 and 9.30. Guests will be sent a link to log on and make their own

bookings. On the night they log in again and are automatically connected by video to the professional of their choice. Guests need to remember the times of their appointments and log in a few minutes beforehand. Meanwhile Leaders/Helpers run their small group as usual on zoom. Guests join their usual small group between their appointments with professionals.

**Link:** <https://youtu.be/0RMcHgr1HnA>

Watch the video from the start to the pause at the 29.17 minute mark

### **8.50pm    Group exercise - ‘*Who do you want to see and what one thing do you want to ask?’* (10 mins)**

Write the list of experts available in the chat

1. Family Lawyers/Family Mediators
2. Financial advisers including a specialist debt counsellor
3. Counsellors
4. Parenting/family relationships experts
5. Divorce and life coaches
6. Experts on abusive relationships

Explain to guests that this is just like a school parent teacher meeting. Guests follow a link to book appointments. They use the same link to log in on the night and are connected by video to the professional.

We will shortly watch a demonstration video and practice booking an appointment. We will send you the link to the booking system and background on each of the experts later this week so you can book your appointments.

Guests often want to know exactly how the evening will run. Try not to get too distracted by this. We will go over instructions for the evening in detail the week before. The important thing for now is to help guests understand what an opportunity this is for them (tip top professionals giving their time!) and to work out who they want to see and why.

Note that the video talks about 5-7 minute slots. In fact they will be 9 minutes long.

Explain to guests that these short meetings work best if guests are well prepared. A surprising amount can be covered but to make the most of the time guests need to have worked out exactly what it is they want to know. What is their number one question? We are going to think about that now..

Put guests into breakout groups of 2 or 3 for 10 minutes to start to

- Decide which professional(s) they would like to see.
- Decide a single question
- Practice summarising their situation in a single sentence.

Encourage guests in each breakout room to help each other.

Guests sometimes need help pinning down exactly what it is they need to know. This process can be helpful in itself. It can help them identify things that are holding them back from recovery.

The average number of professionals each guest sees is 3 and so maybe help them pick which 2-3 they would be most interested in learning more about but it is fine to book more or less.

Some general questions are

- What is coaching or financial advice (etc). How might it help someone going through separation.
- Costs or potential number of sessions
- Take 5 mins to explain/expert to understand and ask for one strategy/action that I can use right away.
- Not sure who to see? Who are they drawn to and what do they think that person might help them with. Ask 'Could someone like you help me with [...]?'

Suggest guests continue to refine their question over the next week.

## **9.00pm \*\*\* NEW Video ' How to book your appointments using the ParentsBooking system'**

- Link for the video 'How to book an appointment on the ParentsBooking system'  
<https://youtu.be/lxi661KF7Is>
- Share your screen and watch the video together.

## **9.05pm Guests Practice Logging In**

- Post the guests log in link  
<https://www.parents-booking.co.uk/RestoredLives> into the chat
- Ask each guest to log in and try and make an appointment. Remember everyone uses dob 01.01.2021.

- Some guests may have difficulty with this in which case you will need to follow up with them after the session/during the week.
- If they are still stuck please send their Christian name and surname, group number, email and phone number to Lee Wilson [lee\\_wilson@cuk.canon.co.uk](mailto:lee_wilson@cuk.canon.co.uk) or via What's App.

## **9.15pm Video 5 - Conclusion and Personal Story**

Watch the video from 26.54 to the end

**Or**

## **9.15pm Personal Story Live**

We encourage you to replace some of the pre-recorded personal stories with your own leader/helper live stories. This allows you to present more detail about the hardest things you have had to cope with and the tools and skills that helped you. The best way to give these stories is for one leader/helper to be interviewed by another leader/helper. It is helpful if you can tie your story in with the content of that evening's session as this deepens understanding of the subject.

It is important that you follow the guidelines in the 'Telling Personal Stories Live' handout (copy attached).

## **9.30pm Goodnight**

- If you have time ask guests what they thought of the personal story
- There will be an additional optional evening to discuss faith issues relating to divorce on [date]. Guests will receive booking details via email.
- Remind guests to book their appointments with the experts and let you know if they get stuck
- Thank guests for joining and take any questions
- Encourage guests to stay in touch during the week via WhatsApp
- Reassure guests that they can keep in touch with you by sending an email
- Explain the login for next week will be the same as for today and but they will get a reminder email
- End the zoom call

## **Out of hours chat**

You are welcome to invite guests to stay longer for a more informal chat. Some leaders/guests enjoy this and some are exhausted so see what works for you and your group.

### **9.35 Leader/helper debrief**

- Once guests have logged off the call, discuss whether there is anyone you are concerned about or want to get in touch with during the week.
- Discuss what went well or could be better and if there is anything you want to try or do differently next week.



## Instructions for showing the video by sharing a URL link

You will need these instructions if your bandwidth will not support sharing your screen.  
You will need to give guests the link to the video via the chat.

Explain these instructions all the way through to guests and make sure they understand them before you start the film (and they go off-camera).

You need to

- Paste the video link in the chat
- Ask guests to turn off their video and mute themselves
- Guests should click on the link
- DO NOT close zoom
- The film generally opens simply by clicking on the link. On some devices, the guest will need to copy and paste the link into their browser. In some cases, they need to highlight the link and then right-click and open URL
- The film can take a few minutes to load.
- When they reach the first blue PAUSE HERE prompt they should pause their video, leave the film open and return to the zoom call. This is most easily done by minimising the film screen
- Ask guests to switch their camera back on (but stay on mute) once they have finished watching their first section. Check everyone is happy with these instructions and has successfully accessed the video before asking guests to watch the first 15 minutes of the video up to the prompt clearly marked on the video (at .....minute mark).
- Let guests know that if they have any difficulty during the film they can contact you via the chat function
- Reassure them that if they are unfamiliar with the tech it will become clear

If a guest accidentally stops rather than pauses the video they will need to restart and fast forward to the appropriate place. Minute markers are given in the timetable in these notes to help with this.

**Group leaders please arrange a practice session with your helpers ahead of time so that you are all up to speed.**

## Telling Personal Stories Live

The online course gives an opportunity to share personal stories; our own and those of previous course attendees. These personal stories of healing and restoration are the lifeblood of the course. By being honest and open about the hardest things we have had to overcome we can breed a spirit of openness among course guests.

We have 2 opportunities for this on the course

1. Leaders and helpers can give a very brief introduction to themselves during week 1 as part of the guest introductions
2. At the end of each evening during the 'Personal Story' session either via a pre-recorded video or live with one of the leader/helpers interviewing another

### 1. First night leader/helper introductions

Please prepare and rehearse your introduction carefully. It should be a maximum of a minute long. There is no template for this. It is for you to describe yourself and also to model the type of introduction which is helpful for other guests to give. It is fine to show vulnerability by mentioning something you found/find difficult. It can also be helpful to include something non RL related. If others do the same this can be the basis for non RL chat at times.

Most importantly please read and follow the '**Important Considerations**' guidance below. We practice these first night introductions during the training evening.

### 2. Personal story live

If you are comfortable doing so, we encourage you to replace one of the pre-recorded stories at the end of each course session with your live story.

We suggest you make this about 5 minutes long. A useful format is to ask one of the other helpers to interview you and then invite questions from the group. Consider picking a week where your experience fits with the content of the evening. We suggest you answer the following:

- how long were you married / did you have children / where did you live / anything general that gives context?)
- **What happened to you?** (the lead up to your relationship breakdown / what caused your relationship breakdown / what happened thereafter)

- **What were the hardest or biggest issues** you experienced? (Ideally relate these to today's session)
- **How did you deal with these issues?**
- **How do you feel now?**
- **If there was one thing that you would say to someone going through separation and divorce, what would it be?**

## Important considerations when telling your story

- Restored Lives is about our guests - not us. Personal stories are not an opportunity for you to voice your situation or vent your opinions. Think carefully about what bits of your story are helpful to your audience.
- Focus on the key issues that you came up against and how you tackled them, rather than a chronological recount of your marriage and divorce. Do give a quick contextual background, but limit this to 30 seconds.
- You do not have to 'have all the answers' or be 'completely restored'. In fact, honesty about where you are now, even if you feel that you are a work in progress, is really helpful for guests to hear.
- Be mindful of the audience - this means not being 'overly Christian' and being inclusive in what we say. For example, when asked what helped you you might want to refer to your faith helping you in the same way as you might refer to having a trusted friend or seeing a counsellor. Remember the course is for people of all faiths and none. It is also for people from all backgrounds, incomes, etc. So make sure that the key themes in your story are not lost on people because of audience preconceptions.
- When talking about our ex we need to be respectful and not put them down or purposely diminish them in the eyes of someone who might know them in what is a public setting.
- Make sure you protect your ex's identity, changing his/her name or other details if need be. For example, John a builder from Croydon could become Paul a plumber from Barnet.
- Tell the facts in such a way that they are uncontroversial. A good test is to ask yourself 'Would I be comfortable telling my story in this way if my ex was in the room'?
- Do feel free to speak openly about how you responded to what happened: what you experienced, felt or found difficult, plus what helped, etc. This part of the story is really important. It is about us, and not about the ex.