

MASTERMIND GROUPS AS A SELF-CARE TOOL

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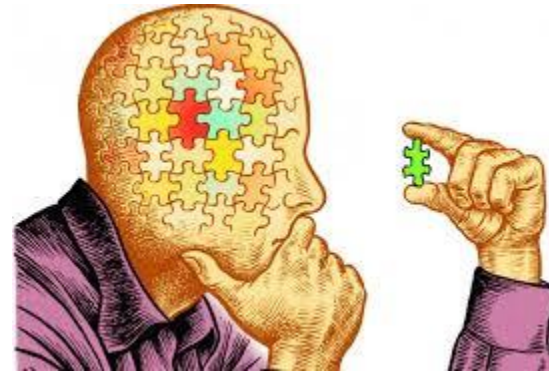


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WHAT PIECES MAKE UP THE WELLNESS PUZZLE?

- Life Balance
- Financial Security
- Career Satisfaction
- Shared Community
- Family Connections
- Time Spent in Nature

What Else?



All of these are part of Self Care

SELF CARE TECHNIQUES



- **Self-Care:** what is it?

Balance

- **How Do we find balance in our busy lives?**

The better question is 'what happens if you do NOT find it?'

- **Studies show an Increase in Career Dissatisfaction**

Every provocation points to Money, Financial Security

- **We have heard all the self-care ideas**

How about if we use a new twist on an old concept of personal AND professional self care?

WE ALL KNOW WE SHOULD, SO WHY DON'T WE DO?

If we all know that we should take care of ourselves, find balance in our lives, then why aren't we doing it?

The Answers are Simple:

- **We are exhausted**
- We are unclear on **what our goals Really are**
- We lack a network to discuss, **truly discuss**, with guided constructive brainstorming, what we really want to achieve in life, personally, and professionally.
- We often lack a network that we feel free to talk to, who will hold us accountable, **truly accountable**, for steps to take to achieve our goals.

PROFESSIONAL & PERSONAL SELF CARE ROLLED INTO ONE TOOL!

What if you could Combine Personal & Business Self Care into ONE Tool?

What if you had an intimate support group, who came together in confidential meetings, with the Only Purpose being to:

- ✓ ***support each other***
- ✓ ***brainstorm on each others challenges***
- ✓ ***develop action plans for success***
- ✓ ***be held accountable with each other?***

How Valuable Would THAT Be?

Invaluable, right?



A SIMPLE SOLUTION, A SIMPLE TOOL MASTERMIND GROUPS DEFINED

The answer may simply be joining a Mastermind group.

Let me explain some history and definitions of what exactly a Mastermind group is.

- **Mastermind Groups:** A Mastermind group is a group of people who are matched into a small group, based on their desires, preferences, education, career path, life stage, any and all kinds of factors, determined through a discussion with the Mastermind group facilitator, to help place them in a group that best fits their needs, and will best facilitate their chance of their most successful outcomes.
- **The Mastermind Group Facilitator** is a person specially trained in facilitation of mastermind groups, in order to keep the flow moving well, and for the successful outcome of each member.

BASICS OF A MASTERMIND GROUP

Meeting Technical Details:

All meetings are held virtually, via a computer application called **Zoom**, that allows for secure, live face-to-face meetings in a group setting

Format:

Groups meet for a specified amount of time, for a specified duration.

An example is 2.5 hours every two weeks for the first three meetings then monthly, for a total of 7 meetings. Members contract for 6 months and can re-up as desired.

Confidentiality:

Is required and critical, so all members can feel free to talk honestly.

The members are usually from varying parts of the country, so there is no competition issues in a local market.

WHAT HAPPENS IN A MEETING

The meetings begin with statements of success

This sets the stage in a positive way, and allows us to share good things with each other.

We then move on to Hot Seats

- Hot Seats are your time in the meeting to get the most help for specific issues that you are facing.
- Hot Seats are an essential part of each meeting, where each person has their time to ask for clarification and help problem solving some particular issue, especially as they run into roadblocks, in their achieving their stated goals.

GOAL SETTING & ACTION PLANS

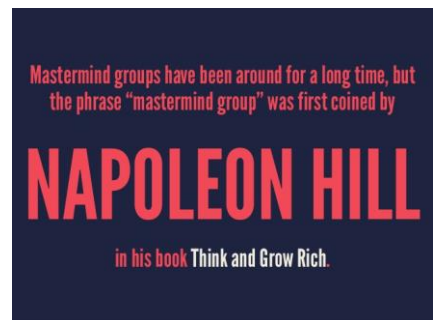
- **Goal Setting**

- When all members have completed their Hot Seats, we then move on to the goal setting and action plan for each member, things they are going to do to achieve the steps they need to, in order to achieve their goals.
- This goal setting is an important part of the accountability of a Mastermind group, in helping us to achieve our goals.



HISTORY OF MASTERMIND GROUPS

- **Historically**, successful business people use Mastermind groups to help them achieve their greatest goals, both personally and professionally.
- **Personally**, I have been a member of two Mastermind groups for years, and I find them to be incredibly useful.
- **Even though I am a trained Facilitator**, the groups I am a member of have been invaluable to me, personally and professionally, especially as I change my business models and move through different life stages.



CLARITY FROM MASTERMIND GROUP MEMBERSHIP

The brainstorming, fellowship, and accountability of fellow MMG members, that help you dive deep, to formulate a plan, and then holds you accountable for action steps to achieve your goals, is a gift that keeps on giving, to coin a phrase. It will seriously be the best decision you make, gathering with others, to work your way through the maze, to reach Your Personal summit!



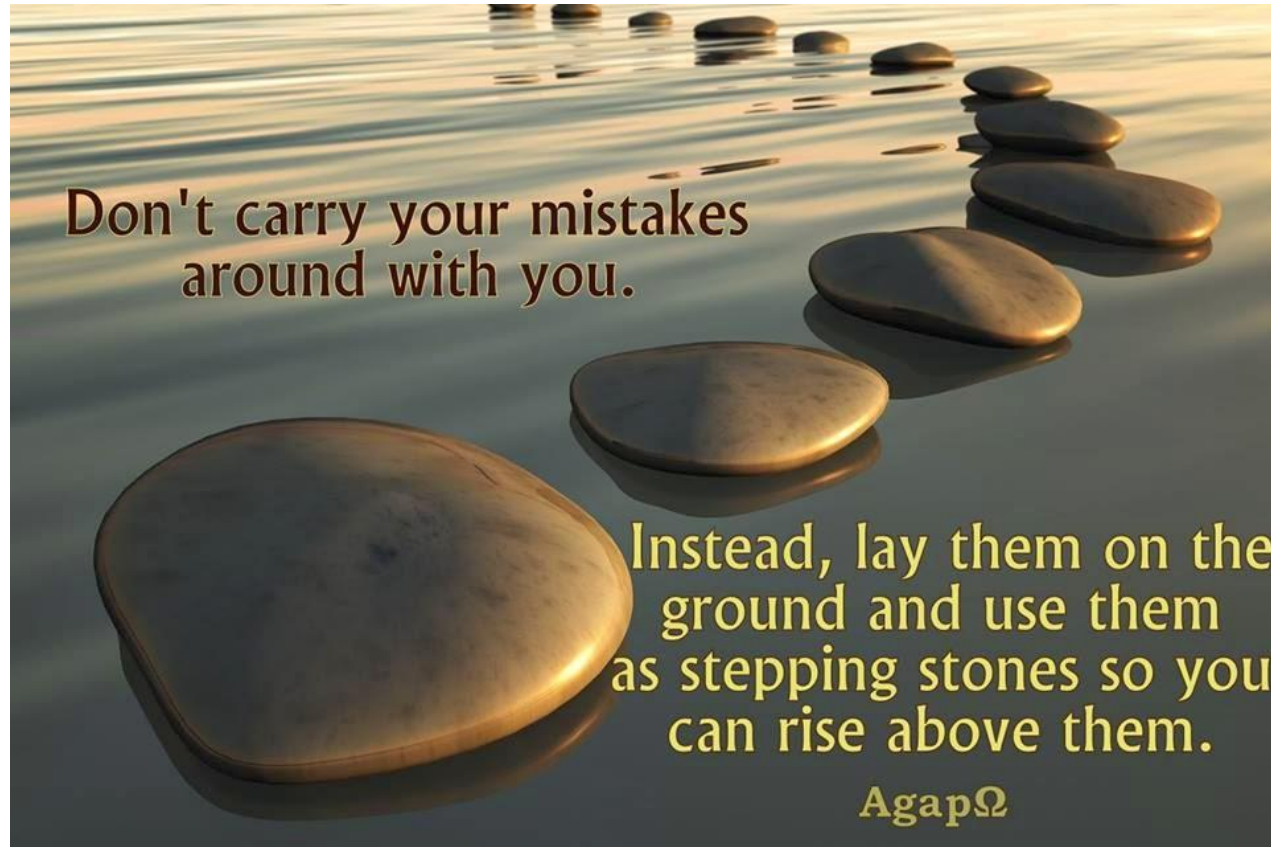
SOUNDS GREAT BUT, WHERE DO I FIND THE TIME?



- **The Big Question:** ‘How do I possibly fit in a Mastermind group in my crazy schedule, when I am working so many hours a week and can hardly find time to eat or sleep?’
- ***The answer really is simple***, this is such a hugely life changing experience, in a positive way, that you are giving yourself the gift of a lifetime, by making that time happen.
- ***Let me also interject another personal anecdote***. I have felt so drained and not wanting to sit down for the meeting for my groups that I am a member of, but I of course force myself to, as I have made the commitment to all of the members, and I feel so energized from the meeting, and the time goes by so quickly, that I am Seriously, always amazed. The bonus of course were great suggestions to get ‘unstuck’, move forward.

The bottom-line: it is the Best Gift you can give yourself!

THE WHOLE YOU



Don't carry your mistakes
around with you.

Instead, lay them on the
ground and use them
as stepping stones so you
can rise above them.

AgapΩ

THANK YOU



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- www.VetOSHA.com/mmg.html



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