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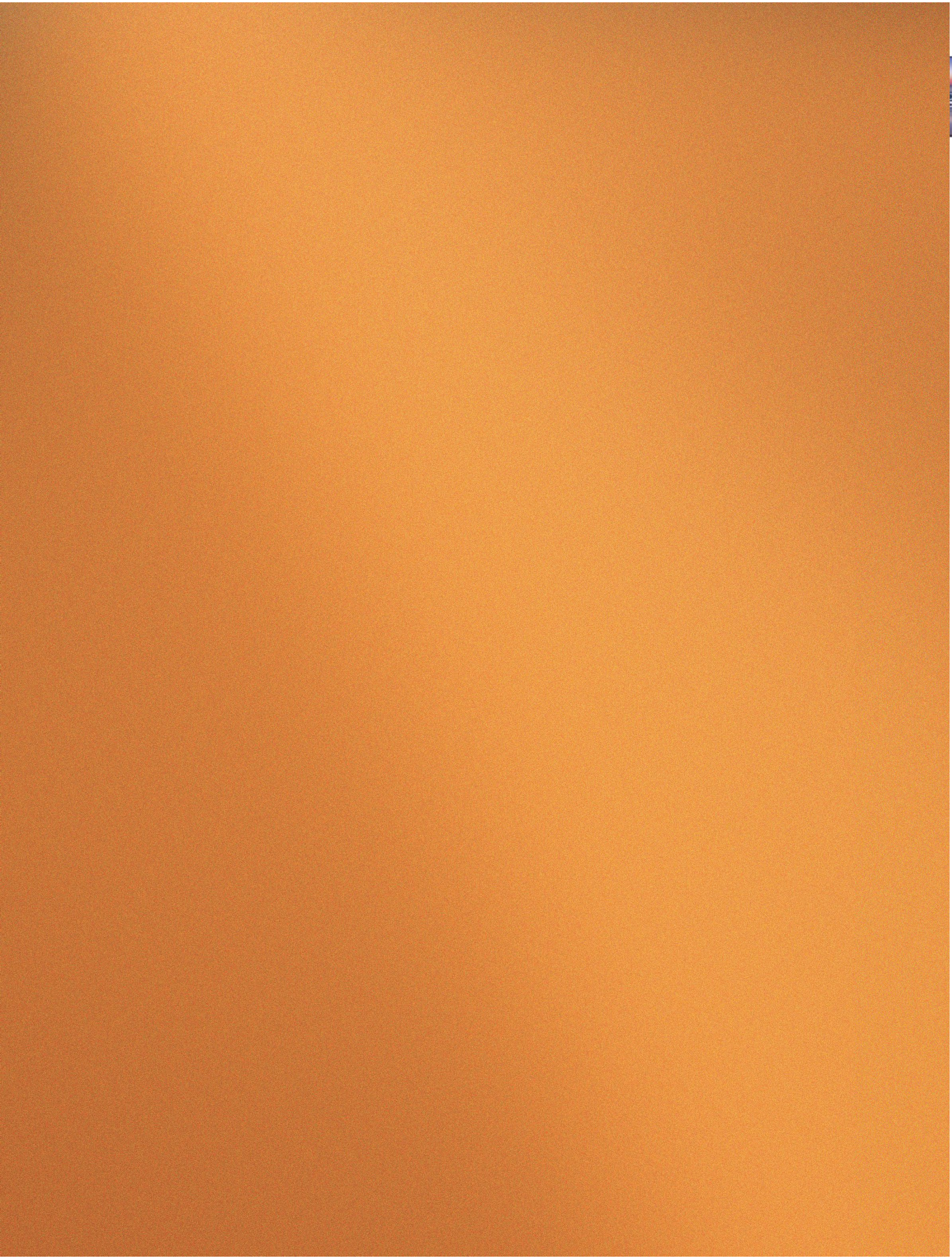


QUEST™ & SOARING:™ MIXED GROUP FACILITATOR GUIDE™ Pursuing Purpose and Direction

Life Coaching Tools to Go from Where You are to Where You Want to Be



soaring™





Quest

MEN PURSUING PURPOSE and DIRECTION



soaring

QUEST™ & SOARING™ Mixed Group Facilitator Guide™

Facilitator Guide for Couples and Mixed Groups

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QUEST & SOARING Mixed

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QUEST Facilitator Guide

Design by

Koechel Peterson & Associates, Inc.,
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Life-Coaching Tools to... Go from Where You Are...to Where You Want to Be

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ISBN 1-56399-407-0 SOARING Facilitator Guide

Design by

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The word "Quest" in a blue, serif font.A banner with a silhouette of a person on a dune against a sunset sky. The text "MEN PURSUING PURPOSE and DIRECTION" is written in white, with "and" in a smaller, italicized font.The word "soaring" in a white, cursive font, with a bird in flight above it, set against a sunset sky over water.

QUEST™ & SOARING™ MIXED GROUP FACILITATOR GUIDE™

Life-Coaching Evangelistic Resource for a Mixed Group of Men & Women

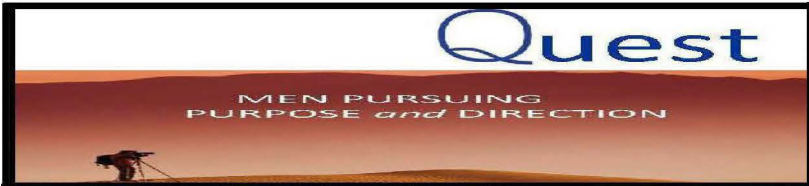
Pursuing Purpose and Direction

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QUEST & SOARING Mixed Group Facilitator Guide Introduction and Instructions

Welcome to Facilitating a *QUEST & SOARING* Mixed Group. May this be a time of encouragement and growth for you and for the men and women in your group.

This *QUEST & SOARING* course provides a safe environment for men and women to develop personally.

The course gives the opportunity for each person to encounter the gospel in an encouraging and non-threatening way. The interactive discussions will enable them to make their own discoveries in various areas of their lives. Discovering these unique traits and their life purpose will help them to set a consistent and powerful life direction. As facilitator, your job is to depend on the Holy Spirit to create an environment where God will work to bring about life change among the group participants.

One of the values of this course is that the principles are timeless and can be applied through different seasons of life. Participants realize that they do not have to integrate every aspect of the six Life Principles all at once. *The QUEST & SOARING Mixed Group* course will equip them with tools that help them develop not only personally, but also professionally.

The QUEST & SOARING Mixed Group Facilitator Guide outlines how to use *QUEST* and *SOARING* together with men and women in a group. Follow the facilitator notes in the *QUEST* or *SOARING* facilitator guides unless this Facilitator Guide tells you differently. This Guide includes adjustments for page differences and other tips for facilitating a Mixed Group. The Mixed Group Facilitator Guide will give input about whether you are facilitating a group in person, virtually or in a hybrid group (combination of in person and virtual). The Guide also includes a summary list of Integration Activities and Materials needed.

Besides the regular weekly or bi-weekly schedule, you can consider a half-day or overnight getaway to begin the course. If you do the getaway, you can do one or more sessions and also have more time for building personal relationships while clearly focusing on particular sessions. You can also do this time away at any time during the course at a home or retreat center or hotel, etc.

Sometimes your groups may have limited time to complete the Life-Coaching Tools during a session. In this case, you can have the participants do the longer Life-Coaching Tools in advance of an individual session to allow more time for interaction during the actual session. If you must shorten any content, we recommend that participants read or complete the remaining portions after that session is over and before the next session. The optimum is to complete the Life-Coaching Tools when you all are together, as it makes for lively conversation, etc. Some groups add an extra meeting time or two to give more time flexibility.



1. DEFINITIONS & ABBREVIATIONS

QUEST & SOARING Mixed Group - Group of men and women doing both courses together

QUEST Participant - Q

QUEST Facilitator Guide – Q FG

SOARING Participant - S

SOARING Facilitator Guide – S FG

Life-Coaching Tool - LCT

FI - Facilitator Instructions abbreviation by page numbers

2. MATERIALS - *QUEST & SOARING Mixed Group Course Materials*

The *QUESTS & SOARING* Mixed Group course utilizes the *QUEST* participant book and *SOARING* participant book as the course materials. Men will use *QUEST* and women will use *SOARING*.

A. *QUEST* - for Men

QUEST provides life-coaching tools that help men to discover many specifics that contribute to who they are. The sessions build community and relationships that men appreciate in the hectic pace of life. The *QUEST* Facilitator Guide includes everything from the participant's book.

"This is a safe place where we were able to discuss issues like Core Values and life direction that we never had an opportunity to do".

Kevin, a scientist

B. *SOARING* - for Women

Many women want to go from where they are to where they want to be. They want to discover their life direction, meaning and purpose. The *SOARING* course helps them do that in an enjoyable life-coaching environment. The *SOARING* Facilitator Guide helps you easily facilitate this life-changing course.

"With the group's help, I was able to clearly see a wider picture of my life. I became more aware of the values that lead me. I learned to accept myself and how important it is to recognize all that others can offer. All of life is a learning process and with this group learning is inspirational."

Ines, SOARING group member

For more information and to order printed *QUEST & SOARING* books, see products at thesignificanceproject.org or go to Crustore.org; for ebooks, see *Amazon* or *Google Play Books*.

QUEST and *SOARING* courses are resources of Cru/Campus Crusade for Christ. These resources are in multiple languages and are used in many countries around the world. For additional information on *QUEST* or *SOARING* or if you are having a mixed group, contact thesignificanceproject@cru.org.

3. OUTCOMES - Desired Outcomes of *QUEST & SOARING* Mixed Group Course

The *QUEST & SOARING* Mixed Group course seeks to strengthen men and women as they share, affirm and connect with each other throughout the course.

The course provides a safe environment and a structured process for men and women to discover their uniqueness, core values, passions and personal mission (people or causes where they would like to make a difference). The course also provides an environment and context to present and interact on the possibility of God being their life foundation.

4. INVITING GROUP MEMBERS - Who to invite?

Men and Women: Q FG; FI 10; S FG; FI10

5. FACILITATORS -

A. *QUEST & SOARING* Mixed Group Course Facilitator Recommendations

It is best for a man and a woman to facilitate the course together.

B. It is helpful, but not required, if course facilitators have some experience in facilitating *SOARING* or *QUEST* or *Man of Impact* or *The Significant Woman* course prior to facilitating the *QUEST & SOARING* Mixed Group course.

6. GROUP SCHEDULE - Schedule Options

Refer to Q FG FI 7-8; S FG FI 7

7. GROUP SIZE - Mixed Group Life-Coaching Group Size

A good size for a life coaching group is 8 to 12 participants. This group size allows time for everyone to interact. If a couple of people are missing, you still have a good-sized group. It is important however, for each participant to be at each session, as the content of the course builds on the previous session.

8. GROUP INTERACTION - Mixed Group Size

Men and women will interact in three ways in the group. They will have times of interacting as a whole group, as all men with their peer coach, and as all women with their peer coach.

The facilitators are highly encouraged to meet at least once with each person at a separate time during the course of the study.

9. PEER COACHES

Participants will be paired as peer coaches: men with men, women with women.

Suggested peer coaching interaction questions are available in each session.



10. PAGE DIFFERENCES - The difference in page numbering of *QUEST* and *SOARING*

There are minor differences between the page numbers in the *QUEST* and *SOARING* Courses. The easiest way to deal with differences in the page numbers is to write the other book's corresponding page number on the page with the same content in the book that you are using. For example, if you are facilitating using the *QUEST* book, you will need to write down: page 42A beside page 41A and visa-versa.

11. PREPARATION FOR SLIGHT CONTENT DIFFERENCES IN *QUEST* and *SOARING*

It is important, as you prepare for each session, to be familiar with the content of *QUEST* and *SOARING*. Sometimes there will be content such as quotes or even a few sections of *SOARING* that are not included in *QUEST*. You will identify this easily as you review and prepare for each session.

Materials for the QUEST & SOARING Mixed Group Integration Activities

Session Number/Name/Details	Materials Needed
<p>Session 1 - Beginning Your Quest/ Beginning Your Life Design Journey</p> <p>a. Getting to Know One Another b. Wallet Activity Q FG 7A; S FG 7A</p>	<p>a. <i>Soularium</i> Pack b. Participant's Purse, Wallet, computer bag or briefcase</p>
<p>Session 2 - Be Who You Really Are/ Celebrate Your Uniqueness</p> <p>a. Ink Pad Activity Q FG 18; S FG 18 b. Money Demonstration Q FG 19A; S FG 19A c. Mirror Exercise Q FG 19A; S FG 19</p>	<p>a. Ink pad for thumb print b. \$50 or highest denomination bill in currency that you can easily get c. Mirror or phone in selfie mode d. Sticky Notes or small paper & tape</p>
<p>Session 3 - Live Your Core Values/ Identify Your Core Values</p> <p>a. Spinning Tops Activity Q FG 37A; S FG 37A b. Affirmation/Heart Activity Q FG 41A; S FG 42A</p>	<p>a. 20 Spinning tops or coins b. Paper and pens c. Sticky notes</p>
<p>Session 4 - Build on Your Life Purpose/ Define Your Life Foundation</p> <p>a. Soularium Activity Q FG 50; S FG 51 b. <i>Can you Know God Personally?/Can God Meet the Longing of Your Heart?</i></p>	<p>a. Soularium Pack b. Booklet inside the back cover of Soaring PB c. Sticky notes or paper and tape</p>
<p>Session 5 - Activate Your Life Direction/ Discover Your Life Design</p> <p>a. Target Activity Q FG 61A; S FG 61A b. Compass Q FG 64; S FG 64A</p>	<p>a. 4-6 small balls or small bean bags or crushed paper balls and a large stiff poster board or stiff paper with hole cut out of center b. Post-it note c. Compass to show or use cell phone compass d. blank sheet of paper</p>
<p>Session 6 - Integrate Direction into Your Life</p> <p>a. Backpack Demonstration Q FG 76A; S FG 77A b. Your Completed Map of Life Q FG 83; S FG 84</p>	<p>a. Backpack Props: Belief - Journal, inspirational book Body - Exercise clothes, shoes Beloved - a wedding and/or family photo Best Friends – cell phone, coffee mug Budget – toy car, check book, a tool Business – a planner and a file Be Renewed - a relaxing playlist, a book b. Black, red and blue pens</p>
<p>Session 7 - Continue Your Quest/ Soaring with Your Life Design</p> <p>a. Plastic Baseball Bat or Peacock Feather Where is Your Focus? Q FG 96A; S FG 96A b. Areas of Life or Life Principles Drill Q FG 95; S FG 94B</p>	<p>a. Prize for the activity (candy bars or other prizes for 2 people) b. Plastic Baseball Bat or Peacock Feather Where is Your Focus?</p>



FACILITATING QUEST & SOARING MIXED GROUP COURSE VIRTUALLY

Doing the Integration Activities in a virtual group is a bit different from doing in an in-person group, but it can be effective and fun. Below are tips for the Integrated Activities for each of the sessions.

SESSION NAMES AND ACTIVITIES

Beginning Your QUEST for Purpose and Direction/Beginning your Life Design Journey

- 1. Getting to know one another** -Take pictures of *Soularium* cards or similar cards like *Frame of Mind* or *Aninag* cards and on Zoom share screen use the questions as an icebreaker.
- 2. Wallet Activity/Purse** - Q 7A; S 7A
Have the men use their wallet/backpack/computer bag and the women use their handbag/purse. Assign breakout rooms; one set of peer coaches in each room. If you can't divide into breakout rooms, do activities all together.

Be Who you Really Are/Celebrate Your Uniqueness

- 1. Money demonstration** Q19 A; S 19A Demonstrate the money exercise on the video call.
- 2. Mirror Exercise** Q 19A; S 19 A
If possible, put peer coaches in breakout rooms or if the group is not very big, have each person share with the group. Tell them ahead of time to bring a mirror for this session. An alternative is to take a "selfie" with a hand-held device and share what they see. Use the notes in the *QUEST* or *SOARING* facilitators guides to provide the rest of the activity.

Live Your core Values/Identify your Core Values

- 1. Spinning Tops** Q 37A; S 37A
Tell them ahead to have 6 same-size large coins, or tops, for the next session. Have each man and woman try to spin all the coins or spinning tops in view of the camera or as a facilitator, you can demonstrate this or do a video ahead of time and then share screen. Debrief the activity for the learning points.
- 2. Affirmation Activity** Q 41A, S42A
Refer to the corresponding book pages for additional instructions.

Build on Your Life Purpose/Define Your Life foundation

For the Activity use the *Soularium* Packets, *Aninag* or magazine clips (30 pictures depicting different scenes of life and nature) and ask each of the 5 questions. Q 50; S 51



Activate your Life Direction/Discover Your Life Direction

1. Target activity - Q 61A or S 61A

Tell the group members ahead of time what materials they need to have for the meeting: 1 piece of paper or paper plate, 1 small marshmallow, small ball, bean bag, small wrapped candy, etc.

Everyone takes out a piece of paper (or plate) and cuts a hole in the middle and then while moving the paper target with one hand, have them try and throw the marshmallow, bean bag or small ball at the moving target. Talk about how it felt not hitting the target or bull's eye as compared to throwing with a goal in mind or target. You can talk about the ideas of the lesson this way and get the point across.

2. Show participants a compass, or have them use the compass app on their phone.

Integrate Direction into Your Life

1. Backpack demonstration Q 76A; S 77A

The facilitator can demonstrate this online. The key is to have a small backpack and do this swiftly and with exhaustion. Walk around with a heavy backpack to make a point. Debrief the activity.

Continue Your Quest & Soaring with Your Life Design

1. Names of the Principles Drill Q95; Areas of Life Team Drill S 111A

Divide into 2 breakout rooms. Use instructions on the pages indicated above. Give them 1 minute to do this, then bring them back into the main session. Have the group share. Whoever got it can have a prize (candy bar, etc.)

2. Plastic baseball bat or something long and balanceable or a Peacock feather or a long stemmed plastic flower.

QUEST & SOARING MIXED GROUP FACILITATOR GUIDE SESSION 1

Beginning Your Quest for Purpose and Direction/Beginning Your Life Design

Session Focus:

'Beginning Your Quest for Purpose and Direction' and 'Beginning your Life Design' are designed to introduce the key Life Principles of the course. This session helps to create an open, authentic and supportive Life Coaching Group and Peer Coaching environment that builds throughout the course.

1. Facilitate an activity for participants to get to know one another. See ideas on Q 2B & S 2C.
2. Introduce the framework of the principles from *QUEST*(Q) and *SOARING*(S)
3. Highlight the Life-Coaching environment and Peer Coaching interaction.

Logistics for Facilitating This Session

1. Pray and decide who is facilitating each Facilitator Step below.
2. Mark the pages you will facilitate.
 - In order to easily find the pages you are facilitating from *QUEST* and/or *SOARING*, put a sticky note with the Facilitating Step number from the section - 'Life Coaching Group Begins', on this page.
 - Put the sticky notes you numbered on the stated page in the *QUEST* Participant book and/or Facilitator Guide or in the *SOARING* Facilitator Guide (the *SOARING* FG has the participant page and the facilitator notes on the same page).
3. Read the *QUEST* session *Beginning Your Quest for Purpose and Direction* and the *SOARING* session *Beginning Your Life Design Journey* so you will have an idea of what both the men and women see.
4. Where there is an option of using *QUEST* or *SOARING* pages, if the man is leading, use *QUEST* Facilitator Guide and if the woman is facilitating, use *SOARING* Facilitator Guide. From your preparation of reading both *QUEST* and *SOARING* sessions, you will have an idea of how to include any material from the other course as needed.
5. For time allotment for each page, see the Facilitator notes in the book you are using for that page.

Facilitator Materials and Preparation - refer to Q 2A; S 2A,2B

- Self-stick (e.g. Post-it) notes, pens and pencils
- Prepare your personal story of how one or two of the Life Principles has helped you. See Q 7; S 7.
- Select the peer coach pairs: men with men and women with women. You will announce these during the Peer Coach discussion. See Q 2A 15; S 2B.

Tips to decide on the peer coach pairing:

- Pair participant with their invited friend
- Peer coach according to season of life
- You may let participants tell you beforehand with whom they want to peer coach
- Pair according to your criteria Q 1B; S 2B

Integration Activity Materials refer to Q FG 2A: S FG 2A

Purse, wallet or tote bag for women; wallet or computer case for men



Life Coaching Group Begins

1. **Welcome** the men and women.
2. **Go through the section** "Preview/Overview of the Course": Q FG 2B; S FG 2C.
3. **Introduction and getting to know one another** See ideas from Q 2B; S FG 2C or have participants select 2-3 pictures from a Soularium pack, Aninag pack, or clip pictures from magazines that depict different things in life. Have them select pictures that describe:
 - Life right now
 - Job or work
 - Family
 - Spiritual journey or how they view God, etc.
4. **Read page 3 and questions**
 - Facilitate a discussion, "When and how have you ever felt like any of these men or women?"
 - Would one of you like to share your experience? (Be prepared to tell your own experience if needed.)
5. **Have one person read** page Q 4 or S 4
6. **Facilitate Life-Coaching Tool** WHERE YOU ARE PART 1: Q 5-6; S 5-6
7. **The Principles** - Follow instruction on Q 7; S 7
8. **Facilitate Integration Activity** - Wallet Activity/Purse Activity: Q 7A; S 7A
Debrief as to the main objective of the Integration Activity.

Facilitator shares a personal story or example of how *QUEST*, *SOARING*, or this mixed group course has benefited you. Talk specifically about how applying these life principles has had an impact on:
 - your knowledge of who you are
 - what you have to offer
 - how you believe your life is making a difference
9. **The Course/The Life Coaching Resource** Cover Q 8; S 8

10. Your Life Coaching Environment/Your Life Coaching Group

- Have someone read Q 9; S 9
- Read the Peer Coaching section Q 10; S 10.
- Ask: "What is your natural inclination in relating to others?" Mentor, counselor, coach?
"What changes can you make in order to focus on coaching instead of mentoring or counseling?"

Announce the peer coach pairing. Explain your criteria if needed. A woman is paired with another woman and a man with a man.

PEER COACHES - Choosing and interaction between sessions**Peer Coach Sharing and Interaction**

At the end of each group session, course facilitators will provide questions for both the peer coaches to share and connect.

*After the peer coach pairs have been announced, reseal the group so that the peer pairs sit together if the group meets in person. If meeting virtually, announce that you will later send them into breakout rooms for interaction with their peer coach.

11. Personal Development and Journal Notes

- Introduce Personal Development Opportunities (PDO) Q 11-12; S 12-13.
- Introduce the Journaling/Notes/Journaling Your Life Design Q 13-14A; S 13-14.

12. Give instructions on what to do during the first peer coach meeting.

If the group is virtual, recommend to the participants to complete prior to the next session, Life-Coaching Tool: Life Experiences--Q 25; S 25

If your group is a larger group meeting in person, doing the Life-Coaching Tool mentioned above prior to the next session will give the group more time to share and hear from each other.

13. If meeting in person, at the end of this session, have snacks or an easy meal. Have some casual interaction and ask questions if needed to foster relationships.



THE QUEST & SOARING MIXED GROUP FACILITATOR GUIDE: SESSION 2

Be Who You Really Are and Celebrate Your Uniqueness

Session Focus:

Be Who You Really Are/Celebrate your Uniqueness Life Principles are designed to help participants see their worth and uniqueness.

Logistics to Set for Facilitating This Session

1. Pray and decide who is facilitating each Facilitator Step below.
2. Mark the pages you will facilitate.
 - In order to easily find the pages you are facilitating from Q and/or S, put a sticky note with the Facilitating Step number from the section - 'Life Coaching Group Begins', at the bottom of this page.
 - Put the sticky notes you numbered on the stated page in the *QUEST* Participant book and/or Facilitator Guide or in the *SOARING* Facilitator Guide (both the *QUEST* and *SOARING* FGs have the participant page and the facilitator notes on the same page).
3. Read the Q session, *Be Who You Really Are* and the S session, *Celebrate Your Uniqueness* so you will have an idea of what both the men and women are looking at.
4. Where there is an option of using *QUEST* or *SOARING* pages, if the man is leading, use *QUEST*, and if the woman is facilitating, use *SOARING*. From your preparation of reading both Q and S sessions, you will have an idea of how to include any material from the other course as needed.
5. Some facilitators, after consulting with their group, divide this principle, *Be Who You Really Are/Celebrate Your Uniqueness* into two sessions. When you begin the second part, review part one. Review from where you left off before you go into part two of the session.
6. For time allotment to cover each page, see the Facilitator notes in the book you are using for that Facilitator Step.

Facilitator Materials and Preparation: Refer to Q 16; S 16

Integration Activity Materials:

- Crisp \$20 or \$50, bill (the largest denomination bill in your currency that is easy for you to get)
- Wallet, computer bag or purse.



LIFE-COACHING GROUP BEGINS -Facilitating Steps: Q 16-17; S 17

1. Welcome the men and women.
2. Review the previous session and introduce the first principle.
3. Have the participants turn to Q 17; S 17. Review the previous session and the Life Principles Chart. Explain that both resources have 6 principles.
4. Have the participants read question #1 and the answer Q 18; S 18; refer to the Facilitator notes on Q 18; S 18. Facilitate the Group Activity.
5. Ask question #2 and the answer on page Q 19; S 19 and follow instructions.
6. Facilitate the Integration Activity: Money Demonstration either from Q 19A; S 19A. Highlight the key points from the Integration Activity as explained in the Facilitator Guide you chose to use. Debrief the activity.
7. Break into 2 groups: men in one group, women in one group. Woman facilitator facilitates the Integration Activity: Mirror Exercise with the women and male facilitator facilitates the Value exercise for the men Q FG 19A, S 19A. Give instructions. Debrief the Activity.
8. Show them the diagram on the bottom of Q 19; S 19 and highlight the key points.
9. Have different participants read parts of this page. Q 20, S 20 B
10. Ask question #3 and the answer in Q 21; S21.
11. **Explain Your Unique Design Summary/Your Life Design Summary**
They will fill in Q 22; S 22. Have them work on it progressively as they work on the Life-Coaching Tools. Suggest that they mark this page with a post-it note, or a clip/bookmark since they will turn to this page frequently.
12. **Life-Coaching Tool - Current Key Relationships**
Read the page and the instructions Q 23; S23.
Have the participants work on the tool.
Have them transfer their 2-3 key relationships on the Your Life Design Summary Q 17/
Your Life Design Uniqueness Summary S 22.
Discuss as a group some of their key relationships

13. Life-Coaching Tools: Skills and Abilities

Read this section and the instructions Q 24; S24.

Have the participants work on the tool.

Break them into peer coach pairs and have them share with one another their skills and abilities.

14. Life-Coaching Tools - Life Experiences - Facilitator notes Q 25A; S 25A

Read the instructions and have the participants do the tool if they have not done it beforehand.

If the group is virtual, this is one of the Life-Coaching Tools you have already assigned before the session, as it is one of the longer ones to do. This gives you more time to discuss with the group during actual sessions. Be sensitive to how they are doing with this tool as it may surface possible painful memories

Help others to uncover themes if they need help. Transfer two themes in their Your Unique Design Summary/Your Life Design Summary Q 22; S 22. You may give examples of themes such as: loss, celebration, accomplishments, pain, etc.

15. Life-Coaching Tools: Personality Traits Test Q 26-28; S 26-28

Read the instructions and have the participants work on this tool.

Cover the page and facilitate a group discussion with the questions on (Q 28; S 28).

16. Read question #4 and the answer Q 29; S 29**17. Have someone read the different sections of the page.**

Highlight the key statement - **Practice Progress, not Perfection**

18. Give Instructions on Personal Development Opportunities Q 30; S 30

At the end of each life principle, we provide you with Personal Development Opportunities that will be referred to as PDOs. They are designed to help you take action on practical ideas for implementing what you have discovered or to get input and responses from important people in your lives as you progress in living a life of purpose and significance. When you take advantage of these PDOs, you will deepen your experience.

Go over the three PDOs. encourage them to meet with their peer coach and talk about their own reflections and input from family and friends.

THE QUEST/SOARING MIXED GROUP FACILITATOR GUIDE: SESSION 3

Live your Core Values and Identify Your Core Values

Session Focus: (Q 32; S 32A)

1. Identify your core values.
2. Live out Core Values which are reflected in their behavior and influence decisions and relationships.

Logistics to Set for Facilitating This Session

1. Decide who is facilitating each Facilitator Step below.
2. Mark the pages you will facilitate.
 - a. In order to easily find the pages you are facilitating from *QUEST* and or *SOARING*, put a sticky note with the Facilitating Step number from the section - 'Life-Coaching Group Begins', at the bottom of this page.
 - b. Put the sticky notes you numbered on the stated page in the *QUEST* Participant book and/or Facilitator Guide or in the *SOARING* Facilitator Guide.
3. Read the *QUEST* session *Live Your Core Values* and *SOARING* session *Identify your Core values* so you will have an idea of what both the men and women are looking at.
4. If the man is leading, use *QUEST*, and if the woman is facilitating, use *SOARING*. From your preparation of reading both *QUEST* and *SOARING* sessions, you will have an idea of how to include any material from the other course as needed.
5. For time allotment to cover each page, see the Facilitator notes in the book you are using for that Facilitator Step.

Facilitator Materials and Preparation (Q 32; S 32A)

Prepare a personal example on how your Core Values have shaped your behavior and decisions.

Integration Activity Materials:

Props for the Spinning Tops/Coin Activity:

- 15 spinning tops or 15 coins of the same size
- Download the video of Spinning tops exercise if needed from *The Significance Project Website*.
- Sticky notes for Affirmation Activity

LIFE-COACHING GROUP BEGINS

Welcome the participants.

Review the previous session on *Be Who You Really Are/Celebrate Your Uniqueness* by asking them to share 1-2 aspects of their uniqueness and their response to it.

Highlight the new principle on Q 33; S 33, and have different people read sections of the page.

Ask question #1 and the answer.

Q 34; S 34 - Have three people read the bullet points on the page.

Life-Coaching Tool: Explore Your Values Q 35; S 35

Have a group sharing time about some of the values they chose.

Life-Coaching Tool: Know Your Top Ten Values Q 36; S 36

- Relate a personal example about how your core values have shaped your behavior and decisions.
- Read the instructions. Have them work on the LCT with their peer coach if help is needed.
- Have the peer coaches work on this together. If this is a virtual group, put them in breakout rooms by peer coaches. Bring them back to the main session after 15 minutes.

Ask Question #2 Q 37; S 37

Facilitate the Integration Activity: Spinning Tops/Coin Activity. Use the instructions in Q 37A; S 37A.

Debrief the activity. Have 2 people read Q 37; S 37.

Life-Coaching Tool: Identify and Evaluate Your core Values

- Read the instructions.
- Give them time to work through the tool. See FG notes in the book.
- Afterwards ask them to link this page to PDO 1 on Q 40; S 40. Cover the PDO 1. Doing this at this time is better than asking them to meet another time.
- Note: you can invite three people to share one of their core values.
- Give instructions for PDO 2. Remind them to gather feedback on how well and how often their behavior demonstrates their Core Values.

Integration Activity: Affirmation from the Heart Activity Q 41 A; S 42A

Go over instruction on Q 41A; S 42A. Ask participants to affirm one person at a time in the group. Ask participants to write notes to each other. Choose the first person. Each one in the group will read their written note to the person being affirmed and then hand them the note. Repeat the process until each one in the group has been affirmed.

If this is a virtual group, break them into two groups - one for men, one for women. Affirm one person at a time. Have the participants type in the chat feature a word or phrase to affirm that one person. After everyone has typed in their word or phrase about that person, move on to another person and repeat the process until all the participants have been affirmed. After everyone has been affirmed, give time for each person to go back and copy or take a picture of the affirmation comments they got and paste them into an email to send to themselves.

Remind them to fill out the Journal Notes after each session.

Do a fun activity after this time if you are in-person. For creative ideas refer to Q 41B; S 42B.

QUEST/SOARING COUPLES FACILITATOR GUIDE SESSION 4

Build on Your Life Purpose and Define Your Life Foundation

Session Focus: refer Q 44; S 45

This is the third FOUNDATION Principle that answers the question “Why am I here?”

Logistics to set for Facilitating this Session:

1. Decide who is facilitating each Facilitator Step below.
2. Mark the pages you will facilitate.
 - a. In order to easily find the pages you are facilitating from *QUEST* and/or *SOARING*, put a sticky note with the Facilitating Step number from the section - ‘Life-Coaching Group Begins’, at the bottom of this page.
 - b. Put the sticky notes you numbered on the stated page in the *QUEST* Participant book and/or Facilitator Guide or in the *SOARING* Facilitator Guide.
3. Read the *QUEST* session *Build on your Life Purpose* and *SOARING* session *Define your Life Foundation* so you will have an idea of what both the men and women are looking at.
4. if the man is leading, use *QUEST* and if the woman is facilitating, use *SOARING*.
5. From your preparation of reading both *QUEST* and *SOARING* sessions, you will have an idea of how to include any material from the other course as needed.
6. For time allotment to cover each page, see the Facilitator notes in the book you are using for that Facilitator Step.

Facilitator Materials and Preparation: refer to Q 44; S 45

Integration Activities Materials: Q 44; S 45

1. **Soularium** packet or 30 cutout magazine pictures that depict life images or scenes.
2. **“Can You Know God Personally ?”** booklets at the back of the Facilitator Guide of *QUEST* or **“Can God Meet the Longing of Your Heart? ”** booklet at the back of *SOARING*. You may also use whatever gospel booklets or presentation you have for this discussion.

LIFE-COACHING GROUP BEGINS

1. Welcome the participants.
2. Review the previous session *Live Your Core Values/Identify Your Core Values* by asking them to share 1-2 responses they received from family or friends on their core values.
3. Read page Q45; S46.
4. Ask question #1 and the answer Q46; S47.
5. Read the first 4 paragraphs and then have different people read the three longings.
6. Life-Coaching Tool: Identify Your Priority Longings Q47; S48 and follow the instructions.
7. See the Facilitator Notes and instructions on Q48; S49 on the importance of this section.
8. Ask question # 2 and read the answer. “What Reflects Your Need for a Life Purpose?” Q49; S50
 - a. Have someone read this page including the quote from C. S. Lewis.
 - b. Life-Coaching Tool: Heart Longing Q50; S51. Follow the Facilitator Notes and give instructions.
 - c. Read the first paragraphs and have the men silently read “One Man’s Search” and women silently read “Susan’s story: One Woman’s Search” in their book. Q51; S52
Discuss any comments from the group.
 - d. Cover the gospel presentation. See notes on Q52A; S53A. Stop and pray and give them an opportunity to receive Christ by pausing for a moment of silence.
 - Encourage them to talk to you if they have any questions or are interested in having a personal relationship with Christ.
 - If meeting in person with the printed books, have the participants take the booklets from the back of their books to show them what you had talked about in Q 52; S 53.
If they have eBooks, have them go to thesignificanceproject.org to download the booklets.
9. Life-Coaching Tool: Define Your Life Purpose/Define Your Life Foundation Q 53; S54
Give instructions and have them complete the Tool.
10. Ask question #3 and read the answer: “How Does Your Life Purpose Impacts How You Act?”
 - a. Read the page.
 - b. Life- Coaching Tool: Core Values Reveal Life Purpose/Foundation
 - c. Read the instructions and have participants complete the tool. Q 55; S 56
 - d. Conclude by reading page. Q 56; S 57.
11. Go over PDO: Q 57; S 58.

QUEST & SOARING MIXED GROUP FACILITATOR GUIDE: SESSION 5

Activate Your Life Direction and Discover Your Life Direction

Session Focus:

This principle answers the question, “**Where am I going?**”

1. Identify their life passions.
2. Discover his/her personal life direction.
3. See how personal life direction will lead them to action.
4. Realize how personal life direction makes a difference in key relationships and with others.

Logistics to Set for Facilitating This Session

1. Decide who is facilitating each Facilitator Step below.
2. Mark the pages you will facilitate from *QUEST* or *SOARING*. Put a sticky note with the Facilitating Step number from the section - ‘Life Coaching Group Begins’, at the top of this page. Q 61; S 62
 - Put the sticky notes you numbered on the stated page in the *QUEST* Participant book and/or Facilitator Guide or in the *SOARING* Facilitator Guide.
 - Read the *QUEST* session *Activate Your Life Direction* and the *SOARING* session *Discover Your Life Direction* so you will have an idea of what both the men and women are looking at.
3. Where there is an option of using *QUEST* or *SOARING* pages, if the man is leading, use *QUEST*, and if the woman is facilitating use *SOARING*. From your preparation of reading both *QUEST* and *SOARING* sessions, you will have an idea of how to include any material from the other course as needed.
4. Some facilitators, after consulting with their group, divide this principle into two sessions. When you begin the second part, review part one. Review part one from where you left off before you go to part two of the session.
5. For time allotment to cover each page, see the Facilitator notes in the book you are using for that Facilitator Step.

Facilitator Materials and Preparation Refer to Q 60; S 60A

- Prepare a personal example of how your Life-direction Statement has encouraged you.
- Blank sheets of paper (8 ½ by 11 or A4) to write a draft of the Life erection Statement

Integration Activity Materials

Props for the target Exercise:

- Small balls, small crumpled paper, small bean bags or other small items or use a large paper plate with a big hole.
- A large piece of paper or poster board with a target drawn on it or hole cut in the middle of the target.
- Download video of Target Exercise Integration Activity if needed.

LIFE-COACHING GROUP BEGINS

1. Welcome the participants.
2. Review the last principle Build on Your Life Purpose/Define Your Life Foundation.
3. Have a few participants share their Life Purpose.
4. Facilitate the Target Activity. Q 61A; S 61A
 - a. Debrief the Activity.
 - b. Ask the participants which round is easier and why? Which is more effective?
5. Read page Q 61; S 61.
6. Ask question #1 and read the answer. Cover this page by having different persons read the paragraphs.
7. Life-Coaching Tool: Identify Your Life Passions. Q 63; S 63
 - a. Read the Instructions and have the participants complete the tool.
 - b. Give instructions for peer coaching.
8. Ask question #2: "What Does Life Direction Do?" and read the answer.
 - a. Have different people read the first 2 paragraphs in Q 64; S 64.
 - b. Show a compass or have them look at their mobile compass app.
9. Life-Coaching Tool: Life Direction Leads to Action. Q 65; S 65
Have participants complete the tool. Use *SOARING* which gives more instructions on this tool.
10. Ask the question #3, "Who does Life Direction affect?" and read the answer.
Have one person read this page. Q 66; S 66
11. Life-Coaching Tool: Life Direction Makes a Difference for Others
Read the instructions and have participants complete the tool.

**NOTE: If you are dividing this principle, do it at the end of this LCT.
When you come back for the 2nd session, briefly review the first part of the principle. If you are not dividing this Principle continue with question #4 below.**
12. Ask question #4, "How can you discover your Life Direction?" and read the answer. Q 68; S 68
13. Have different people read sample Life Direction statements.

14. Life-Coaching Tool: Your Life Direction Worksheet Q 68; S 69

Explain this page and give instructions to participants to complete this tool.

15. My Personal Life Direction Statement Q 70; S 71

- Do this LCT.
- Demonstrate how you crafted your own Personal Life direction Statement. Using the words in your worksheet, move the words around (in small post-it notes) so you can begin a draft of your Personal Life Direction Statement and eliminate unnecessary words.
- Pass out blank sheets of paper and small sticky notes or write with a pencil to make it easier to erase/replace unnecessary words.
- Help the participants so they can develop at least a draft of their Personal Life Direction Statements. Conclude with a time to share their Personal Life Direction Statements or the draft they have started.

After you go through Q 70; S 71, introduce and motivate the group for the next session by sharing it in the next session, **Integrate Direction into Your Life**. They will learn key concepts of how to have a practical plan to stay focused on their life direction. Remind them of the importance of having at least a draft of their Personal Life Direction Statement before the next time you meet.

16. Go over the PDOs. Highlight PDO2. Q 72; S 72

17. If you have not created a WhatsApp group or another social media or email group, you might want to do so. If you have a private social media group or an email chain, have them write their Personal Life Direction Statement to share with the group. This helps build community as well.

QUEST & SOARING MIXED GROUP FACILITATOR GUIDE: SESSION 6

Integrate Direction into Your Life

Session Focus:

This is the first ACTION Principle that challenges us to take responsibility for integrating our Life Direction in all areas of life.

1. Understand how to refocus our life to align with our Personal Life Direction.
2. Evaluate how well we are living out our Personal Life Direction in all areas of life.

Logistics for Facilitating this Session:

1. Decide who is facilitating each Facilitator Step below.
2. Mark the pages you will facilitate.
 - In order to easily find the pages you are facilitating from *QUEST* and/or *SOARING*, put a sticky note with the Facilitating Step number from the section - 'Life Coaching Group Begins', at the bottom of this page.
 - Put the sticky notes you numbered on the stated page in the *QUEST* Participant book and/or Facilitator Guide or in the *SOARING* Facilitator Guide.
 - Read the *QUEST* session *Integrate Direction into Your Life* and the *SOARING* session *Integrate Direction into Your Life* so you will have an idea of what both the men and women are looking at.
3. Where there is an option of using *QUEST* or *SOARING* pages, if the man is leading, use *QUEST*, and if the woman is facilitating, use *SOARING*. From your preparation of reading both *QUEST* and *SOARING* sessions, you will have an idea of how to include any material from the other course as needed.
4. Some facilitators, after consulting with their group, divide this principle: *Integrate Direction into Your Life* into two sessions. When you begin the second part, review part one. Review part one from where you left off before you go into part two of the session.
5. For time allotment to cover each page, see the Facilitator notes in the book you are using for that Facilitator Step.

Facilitator Materials and Preparation: Q 74; S 75A

Integration Activity Materials

- Backpack and items to go inside a backpack Q 76A; S 77A
- Red, black and blue pens
- Post-it notes
- Your completed Map of Life Q 86; S 87
- Download videos of the Backpack Demonstration and Baseball Activity/Peacock Feathers Activity as needed. (Available on YouTube)

LIFE-COACHING GROUP BEGINS

1. Welcome the participants.
2. Review the last principle- Activate your Direction/Discover Your Life Direction. Ask each participant to share at least a draft of their Personal Life Direction Statement and some of the responses they received from friends when they shared it with them.
3. Get suggestions on how to Celebrate after the end of the last session or gather at a separate time.
4. Go to the Divider page and remark that this is the first Action Principle and answer the question, **“How do I Get There?”**
5. Read the page Q 75; S 76.
6. Remind them that these life principles are to be applied over a lifetime and every aspect is not necessarily applied all at once. This journey is a process and they will want to **practice progress, not perfection.**
7. Read question #1 and the answer, highlighting the 7 areas of life and their descriptions or ask a man to read the 7 areas of life on QUEST 76 and the definitions. Ask a woman to read SOARING 77.
8. Facilitate the Backpack Demonstration Q 76A; S 77A
Follow the instructions or you can substitute other articles if they will better relate to your group and still represent the particular area of life.
 - If this demonstration is done in-person, relate your items and stories quickly, and make it fun. Use a smaller backpack so that it is harder to squeeze in all the items.
 - Get the volunteer wearing the backpack to walk around to feel the weight of so many things.
 - Debrief on the activity: **This activity highlights that we put so much into our lives and are so busy that we don't have time to live life the way we desire.**
9. Ask the group to discuss: “What holds you back from living your Personal Life direction in all areas of life?” Spend 5 minutes for this group discussion.
10. Have them turn to Q 77; S 78, and emphasize the difference between a balanced life and a focused life.
11. **Life-Coaching Tool: Self Perception Assessment**
 - a. Read the instructions and have the participants complete the tool.
 - b. Help the participants understand that they are not striving for 100% in every area. This is about assessing the level of time and energy currently devoted to each area.
 - c. It might be helpful to refer to the definitions of the 7 areas of life Q 76; S 77.
 - d. Ask: “Why do you think the Self-Perception Assessment Tool is included?” (answer if needed: "So that they can see the gap between what they perceive and what their reality is, and they may not realize that they have this perception of themselves.")

- 12. Life-Coaching Tool: Know where you are: Reality Questionnaire Q 79-80; S 80-81.**
- 13.** Explain that this questionnaire will help them know where their life actually is in relation to every area of life.
- Go over the instructions and give them time to work through this Life-Coaching Tool. To fill in this tool, emphasize going with their first response as explained in the instruction and not over-analyzing or over-thinking it.
 - If this is a Life-Coaching Tool that you have asked them to complete before coming to this session, move on to the next step which is the Score Sheet.
- 14. Life-Coaching Tool: Reality Questionnaire Score Sheet**
- Go over the instructions.
 - They can work as needed with their peer coach or spouse to determine their scores.
 - After completion of the scores, have the participants use a **red** pen to put their scores from the Reality Questionnaire Score Sheet onto the Self-Perception Assessment chart Q 78; S 79
- 15. Life-Coaching Tool: Map of Life**
- Use a red pen to put your reality Scores on the Map of Life.
 - Use a ruler to draw lines to connect the dots.
 - Identify which areas are high and which are low. Low areas may need growth and sometimes high areas may need some pulling back to have capacity for other areas to grow.
 - Ask: What are the areas I need to pay attention to in my reality questionnaire score? What area(s) do I need to align in order to live out my personal life direction?

NOTE: THIS IS WHERE SESSION TWO WILL BEGIN, IF YOU ARE DIVIDING THIS INTO TWO SESSIONS. BRIEFLY REVIEW SESSION ONE BEFORE YOU BEGIN SESSION TWO.

16. LIFE-COACHING GROUP BEGINS

If you split this into 2 sessions do WELCOME AND REVIEW and then ask question #2 and read the answer Q 84; S 85. If you did not split the session ask question #2.

- Have a male participant read paragraphs 1-2 on Q 84, women follow paragraphs 1-2 on S 85.
- Show your own Map of Life from your Facilitator Guide or a sample from the book as an illustration.
- Give examples: I don't have sufficient exercise and rest (Body); I am not spending sufficient time and resources to live out my personal life direction (Budget); or I am doing a lot of things but I am not focused on my personal life direction (Business): or I am working so much I can see other areas have suffered; or I am so focused on meeting the needs of our children my relationship with my husband needs more attention (Beloved), etc.

17. Life-Coaching Tool: Where you Want to Be—Description of Living Your Life Direction

- Read the instructions and have participants complete the tool.
- Peer coaches help each other and, if using a blue pen, plot it in their Map of Life. They will see the gaps between what their lives are like now and what they desire their lives to be. Using a ruler, connect the lines to create a whole life view of how you desire to live your life as compared to how you are currently living your life in light of your personal life direction.



18. **Life-Coaching Tool— Compare where you are with where you want to be/Compare your reality with your description of living your life direction Q 86; S 87**
 - a. Read the instructions and give time for the participants to reflect on their Map of Life.
 - b. Say, "It is important to show you what it looks like living in alignment with your Personal Life direction in every area of life."
 - c. Have the peer coaches discuss their answers to the questions and what they have uncovered between their reality and where they want to be.

19. **Life-Coaching Tool: Evaluation of Your Map of Life/Map of Life Evaluation Q 87; S 88**
 - Read the instructions and have the participants complete the tool.
 - Facilitate a group discussion on their reflections.

20. Ask question #3- and read the answer. Q 88; S 89
Follow the instructions in your Facilitator Guide.

21. **Life-Coaching Tool—Set Life Direction Goals Q89; S 90**
 - a. Read the instructions and examples at the top of the chart. Have the participants work through the tool.
 - b. Remind them that what they write down are the goals to achieve in order to live out their personal life direction rather than the action steps they want to work on.
 - c. Allow time for peer coaches to discuss some of the goals that were set and the corresponding area or areas of life.

22. Read to conclude and introduce the next session.

23. Summarize the PDOs
 - a. Complete any unfinished Life-Coaching Tool(s).
 - b. Re-work or revise their draft of Life Direction Statement if needed.
 - c. Talk about details for the Celebration time.

QUEST & SOARING MIXED GROUP FACILITATOR GUIDE: SESSION 7

Continue Your Quest and Soaring with Your Life Design

Session Focus:

This is the second ACTION Principle that keeps you progressing in living a life of impact and significance.

1. Define priorities and put those priorities into a schedule.
2. Work on setting boundaries to help them deal with barriers.
3. Discover a way to make principle-based decisions.

Logistics to Set for Facilitating This Session

1. Decide who is facilitating each Facilitator Step below.
2. Mark the pages you will facilitate.
 - In order to easily find the pages you are facilitating from *QUEST* and or *SOARING*, put a sticky note with the Facilitating Step number from the section - 'Life Coaching Group Begins', at the bottom of this page.
 - Put the sticky notes you numbered on the stated page in the *QUEST* Participant book and/or Facilitator Guide or in the *SOARING* Facilitator Guide. Read the *QUEST* session *Continue your QUEST/ SOARING* with your Life Design so you will have an idea of what both the men and women are looking at.
3. Where there is an option of using *QUEST* or *SOARING* pages, if the man is leading, use *QUEST* and if the woman is facilitating, use *SOARING*. From your preparation of reading both *QUEST* and *SOARING* sessions, you will have an idea of how to include any material from the other course as needed.
4. For time allotment to cover each page see the Facilitator notes in the book you are using for that Facilitator Step.

Facilitator Materials and Preparation Q 84; S 94 A

- Post-it/sticky notes, pens and pencils
- Personal example of your recent experience of making a decision using the Life Principles
- A gift for the participants (optional)

Integration Activity Materials

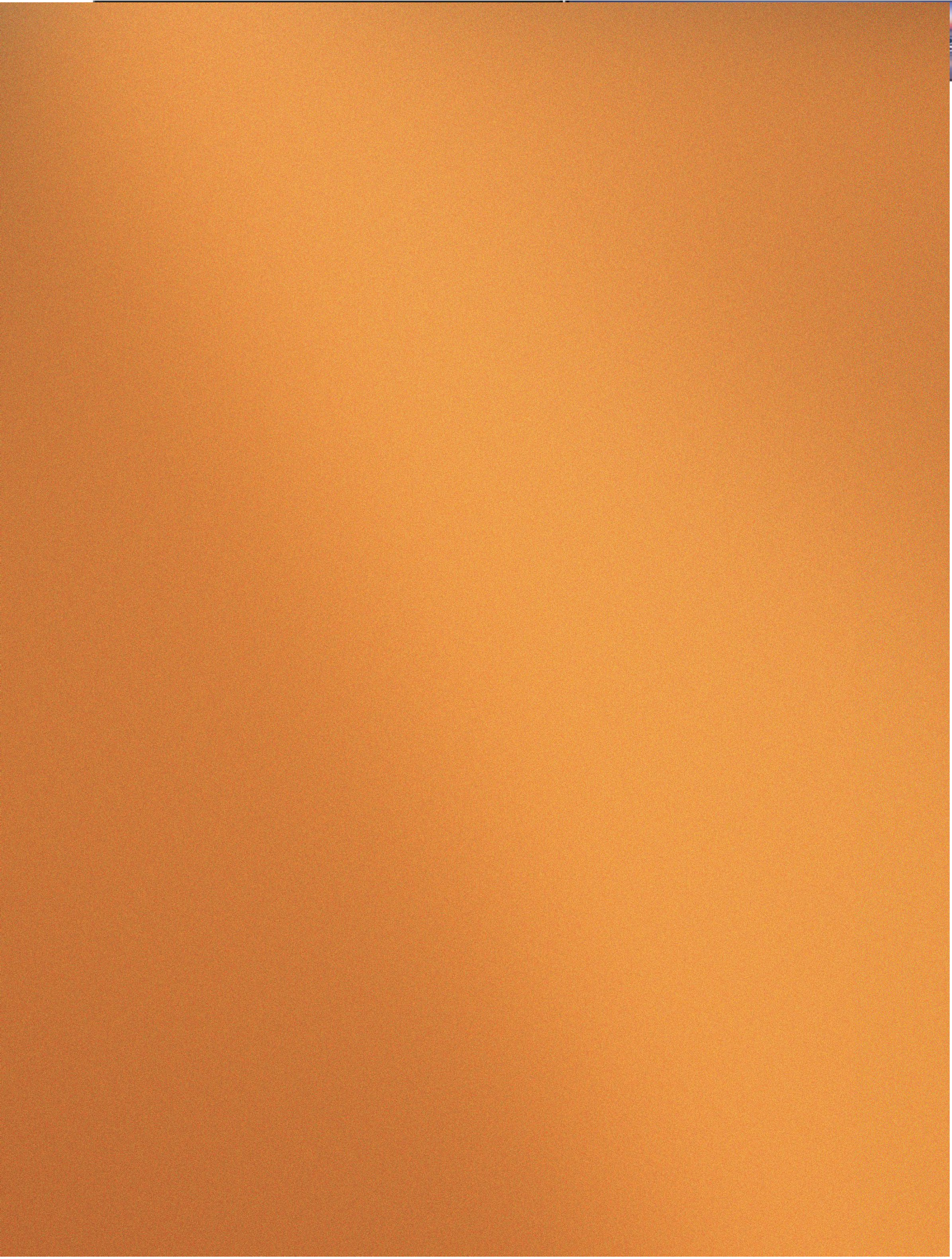
- Something fun as a prize (like a candy bar) for the peer coach team who can first name the principles of the course; and for the team who wins the Areas of Life Drill. S 94B
- Blank paper for the Areas of Life Activity
- Plastic baseball bat, something that is long and balanceable or a long-stemmed plastic flower/ long Peacock feather

LIFE-COACHING GROUP BEGINS

1. Welcome the participants.
 - Review the last principle - Integrate Direction Into Your Life
Begin by saying, "Last time we talked about how you can integrate direction to live your Personal Life Direction in every area of life and how you can set corresponding goals. Did you have any opportunities to apply that?"
2. Integration Activity: Have them divide into peer coach teams: man with a man, a woman with a woman, for a fun drill.
 - Give each team a blank sheet of paper and ask the men to write down the names of the principles and ask the women areas of life and the definitions. First men and women team to finish with correct answers gets a prize.
 - If the group is virtual, have each person do it, and the facilitator may choose to send them a prize.
3. Mention any update on the Celebration time based on the decision the group made to have it at the end of the last principle or at a separate time.
4. Have everyone turn to Q 95; S 95. Read the questions and answers at the top of the page. Ask a participant to read the rest of the page.
5. Ask question #1 and read the answer Q 96; S 96.
6. Facilitate the Baseball Bat Activity/Peacock feathers Activity Q 96A; S 96A
 - If this is done in-person, have several try this activity. If the group meets virtually, demonstrate this or download the video on Baseball Bat Activity/Peacock Feathers Activity.
 - Debrief. Read the first two paragraphs and relate these to the activity.
7. Have a male participant read the rest of the page in QUEST.
Have a female participant read the last section: "One Woman's Experience".
8. **Life-Coaching Tool: Determine your Priority Actions** Q 97; S 97
This tool will help the participants choose priority actions to help in achieving their goals.
 - Read the instructions. Relate the 2 examples in the first chart.
 - Encourage peer coach teams to fill in their goals at the bottom of a chart. Alternatively, ask the husband and wife to discuss action ideas to achieve their goals that they would like to work on.
9. Schedule and evaluate your priority actions Q 98; S 98
 - Highlight the rest of the page that is designed to motivate them to put their priority actions into their schedule in order to make progress in achieving their Personal Life Direction.
 - Emphasize Stephen Covey's quote at the bottom of the page.
10. **Life-Coaching Tool: Schedule Your Priorities** Q 99; S 99
 - Have the participants write their new and ongoing priority actions in this schedule or a scheduling system of their choice (smart phone, notebook planner, etc.).

11. Ask question #2- and read the answer Q 100; S 100
Read the page, stop after the bullet points and ask the group: "Which of the bullet points under number two do you identify with and why?" (3 minutes to discuss) After 3 minutes, read the rest of the page.
12. **Life-Coaching Tool: Set Your Boundaries** Q 101; S 101
Read the instructions and have the participants complete the tool. Have peer coaches discuss their experiences of setting boundaries in the past.
Relate the examples on the first row of the chart.
 - Have the participants go over the tool.
 - Have the peer coaches interact with each other. (4 minutes)
 - If time allows, ask: "Which of these three Life-Coaching Tools would be most effective and helpful to you in your current situation?" Give them time together with their peer coach to discuss and work on the tool.
13. Ask question #3 and read the answer Q 102; S 102
Relate the paragraph to the diagram.
14. **Life-Coaching Tool: Continue Living Purpose and Direction/Determine Your Decisions with Life Principles** Q 103; S 103
Read the instructions and relate a personal example of how you have used this tool in making a decision. Have the participants complete the tool and then discuss the decision they worked on.
15. **Conclusion:** Read the page and have a woman participant read the quotes of *SOARING* 105.
Facilitate the Reflection and Evaluation time.
 - If the group is meeting in person, distribute the copies you made for each participant. Have them reflect on the questions from their Journal, Unique Design Summary and Life-Direction statement.
 - If the group is virtual, have the participants fill out the Evaluation/Reflection and Evaluation Form beforehand Q 105; S 106 and be ready to share at the end of your last session if you are having the Celebration time.
 - If you are holding a separate Celebration time, relay any details about the Celebration. Refer to Suggested Elements for Celebration. Q 105B; S 106B
 - Encourage participants to take next steps and meet up. Seize or create opportunities to share with friends who might be interested to pass this on to others.
 - Continue to meet up with your peer coach once a month and arrange for a meet-up session three months after completion of the course to hear how participants are living out their personal life direction.

BEGIN CELEBRATION if you are doing it now.





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MIXED GROUP FACILITATOR GUIDE™

Pursuing Purpose and Direction

Life Coaching Tools to Go from Where You are to Where You Want to Be

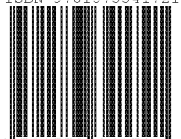


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