

ACTION COACHING TEAMS (ACT)

The following are some commonly asked questions and answers about ACT:

What is ACT?

ACT is an accountability group which allows you to focus on and commit to your goals. The team structure supports you in following through with your agreements in order to achieve your goals and dreams. It is an amazing support structure for living life more deliberately through goal-setting, peer-coaching and experiencing the power of your word.

How does it work?

ACT groups consist of teams of 6 -10 people that meet once a week for 30 minutes. Each person decides what their focus and intention for the 8 week session is. Every week you make a to-do list of the actions you are committed to taking that week. Players then coach each other to clarify the action items, make a plan for accomplishing each one and then doing whatever it takes that week to keep those commitments.

You and your coach create a plan for coaching and support to assure that the agreements are kept; not only do you commit to your own goals you have another person who also commits to you getting those goals accomplished. You stay in contact with each other in order to ensure that you are able to follow through with what you have committed to.

Both you and your coach back up each commitment with \$5. At the end of the week, for any agreements that you have not kept, both you and your coach pay \$5. Most people find it difficult acknowledging to the group that they didn't keep a commitment and have to pay \$5 on top of that. But when you know that your broken agreement will also cost your coach \$5, it becomes nearly impossible to not do everything you can to follow through. This is part of the genius of the ACT structure and why it is so effective in supporting people in following through on their commitments.

By making and keeping clear agreements on a weekly basis, you will find yourself making definite, clear steps towards larger goals quickly and easily with the support and interest of a whole team of people.

Who is ACT For?

Most people in ACT are already fairly driven to accomplishment. Many find that their days are full and that they get things done. However, most players would likely acknowledge that, without ACT, what they do during their days from week to week does not always support their long-term goals. It can be easy to stay busy with what is right in front of you and put off following through on the actions that lead to long-term goal fulfilment.

People in ACT have varied goals and backgrounds and include business owners, parents, students, teachers and artists.

ACT is for anyone that would like support and accountability in clearly setting, steadily moving towards, and accomplishing medium-term and long-term goals. If you have a nagging feeling of

anxiety or dissatisfaction that you aren't making enough headway on certain goals or that you know you could accomplish more and live a fuller life, ACT may be just the ticket!

Benefits

Along with quickly and easily creating miracles through achieving your goals, you will experience increased self-esteem and the feelings of self-empowerment, well-being and aliveness that are possible through consistently making and keeping your agreements.

You will:

- Achieve your goals more rapidly.
- Achieve goals that you might not otherwise have achieved.
- Experience aliveness and self empowerment.
- Discover the power of your word.
- Join a supportive team of committed people, inspire and be inspired.
- Deliberately create the life that YOU want to be living.

Who leads the Groups?

Trained Action Team Leaders who have played ACT for many years, are experienced with the ACT Coaching Model and are committed to helping others reach their goals.

What does it cost?

The cost is \$50 for an 8 week session. There is a one-time Registration fee of \$50 which includes a 2 hour orientation. You only pay the reg fee one time. When you re-enroll in ACT for another 8 week session, it costs only \$50 for that 8 week session.

At the orientation, you will learn:

- The difference between 'coaching' and 'counseling' or facilitating
- Effective coaching methods
- How to make 'SMART' goals
- The difference between assumptions & agreements
- The structure and logistics of participating on an ACT Team
- How to make the ACT program work for you

When does the next ACT session start?

ACT Groups run continuously throughout the year. A session lasts 8 weeks and there are several teams running. Most teams continue a new session on the heels of the last session and new players may join at the start of a new session. If you are interested in joining, let us know and we will provide you with the dates of the next available session start.

Dates: 8 week sessions, offered continuously throughout the year

Times: 1 weekday morning, 8:00am-8:30am PST.

Location: Online Video Conference. Instructions on how to participate in the weekly meeting will be forwarded to you once you enroll.

The orientation time is by appointment.

How do I sign up?

Let us know you would like to join and we will send you an enrollment packet, which has complete instructions on how to join ACT.

The enrollment packet includes the following:

- ACT How To Enroll Document
- ACT Ground Rules and Agreements
- ACT Orientation Document

You should sign and return the forms and pay your \$50 orientation fee as soon as you receive your packet in order to hold your space. The \$50 session fee is due at least 3 days prior to the start of your 8 week session.

A few of the ground rules/expectations:

- Attendance at all 8 weekly team meetings
- Being on time
- Availability to coach and be coached
- Willingness to pay \$5 for broken agreements

Email us at act@actioncoachingteams.com if you have any questions or would like to join.