



FORUM

FORUM TRAINING MANUAL

CORE VALUES

BOLDLY GO!

THIRST FOR LEARNING

MAKE A MARK

TRUST AND RESPECT

COOL



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Acknowledgments

Thank you to the team of volunteers who have updated this workbook. Special thanks to members of the EO Global Forum Committee, and the EO Forum Content and Forum Training communities.

Over the years many people have contributed to the ideas and concepts contained in this workbook and the training program in general. These people have given of their time freely in order that we might all enjoy a better Forum experience. Your Forum experience is richer for the knowledge they have shared.

WELCOME AND INTRODUCTIONS

INTRODUCTIONS

Name	Company name and type of business	Family - marital status, children, ages	When and why joined EO?	Expectations for today?

GROUND RULES

CONFIDENTIALITY

BE PRESENT

BE OPEN

ONE CONVERSATION


EO OVERVIEW



EO MEMBER BENEFITS

Don't miss out on the wide array of benefits beyond Forum and your Chapter events that you have unlocked by joining EO.

Check EOnetwork or scan this QR Code for a one page summary of your benefits.



EO GLOBAL STATS

Check eonetwork.org or scan QR code to see the latest stats for EO.



PATH OF LEADERSHIP (PoL)

Elevate your leadership journey to the next level



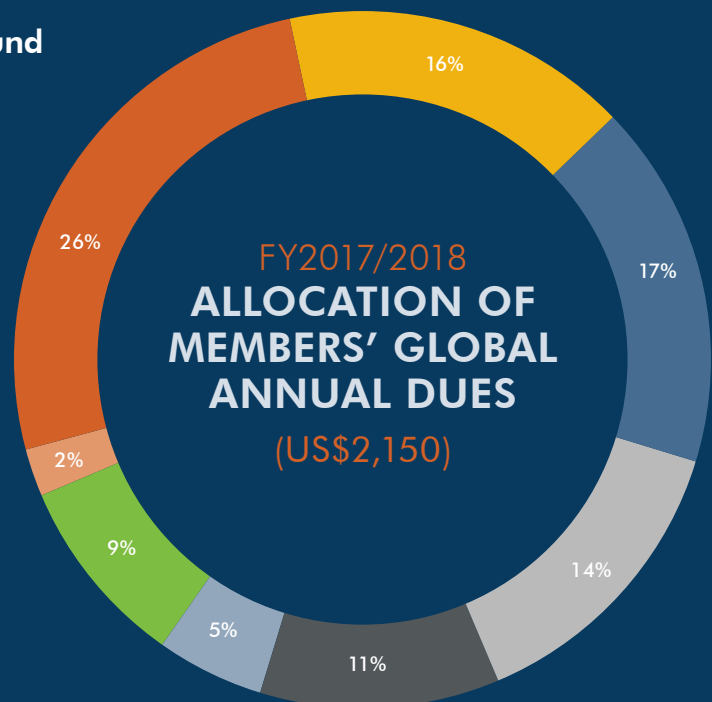
Benefits of PoL:

- » Learn leadership skills to transform your business and life
- » Participate in developing local and global strategy
- » Enhance your external networks
- » Give back to EO by building its future and your own

EO IS A GLOBAL MEMBER-LED NON-PROFIT ORGANIZATION.

EO's financial health is a direct result of actively engaged members experiencing educational and peer-to-peer learning opportunities around the globe.

- Chapter and Member Support: 26% (US\$559)
- Organizational Leadership and Operations: 16% (US\$345)
- Learning and Leadership Opportunities: 17% (US\$366)
- Forum/MyEO: 14% (US\$301)
- Member Communications/PR/GSEA: 11% (US\$236)
- Technology: 5% (US\$108)
- Reserve for Future Investment: 9% (US\$193)
- Alliances and Partnerships: 2% (US\$42)



Check EOnetwork or scan this QR code to see the latest stats of EO.

FORUM OVERVIEW

Forum is:



- » A peer-to-peer learning structure to cultivate collective wisdom
- » A stable group of 6-10 EO Forum-trained members
- » Regularly scheduled, four-hour meetings led by a trained moderator
- » Inclusive of a structured agenda with 5% Reflections and Deep Dives
- » A judgment-free, confidential and safe environment
- » A powerful communication practice of Forum mindset (Gestalt)

Forum is not:



- » A fix-it group
- » A social club
- » A therapy group
- » About giving advice
- » About judging
- » A networking group

DID YOU KNOW?

In many chapters your EO member benefit of Forum may be available for your Spouse/Life Partner (SLP), Key Executives (KE) and/or Adult Children. Ask your local Forum Chair to learn what is available in your Chapter. Remember, as a member-led organization, you can always champion an initiative to lead a program that your chapter currently does not have.

THE FOUR CORNERSTONES CRITICAL TO FORUM SUCCESS ARE:

VULNERABILITY

- 5% Experience
- Leave your ego at the door
- Bring a level of self-disclosure that builds trust

FORUM MINDSET (GESTALT)

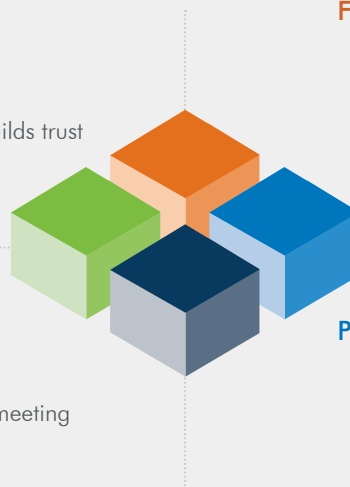
- No judgment or advice
- Share experiences and resources
- Respectful listening
- Self-discovery, learning together

CONFIDENTIALITY

- I will never share your stories
- Reinforced at the beginning of each meeting
- Automatic expulsion for any breach

PERSONAL RESPONSIBILITY

- Goal of 100% attendance
- Undistracted attention
- Willingness to raise concerns during clearing



FORUM CONFIDENTIALITY

Why is confidentiality critical?

- » It creates a “bold safe environment”
- » Authentic, deep sharing occurs when there is trust that confidentiality is fully adhered to
- » Reinforced with the knowledge that details shared will never leave this room
- » I can share my full story and the critical details, even those that are sensitive

What is Forum Confidential?

- » We all agree that we own our stories and that I will never share any part of another member’s story.
My learning can leave the room, their stories stay in the room.
- » Each Forum needs 100% clarity on their confidentiality agreement, i.e.:
 - confidentiality begins when the meeting begins, and ends when the meeting ends, or
 - the entire duration of the Forum gathering, even the ‘social’ conversations before, at breaks, and after the meeting is assumed to be confidential, or
 - any sharing between Forum members whether they are in a Forum meeting, at a social function, etc, is confidential.
- » It is important to discuss and document the specific agreements for each Forum. What about social media? Retreats? Notes taken in a Forum meeting?
- » It is important to create spousal alignment, not resentment. Confidentiality does not mean you can’t share YOUR stories with your spouse, rather that you can’t share STORIES OF OTHERS. Only your own.



No Pillow Talk	Members should not discuss other members’ stories or any details with anyone, even with a spouse or partner as these are not our personal stories to share.
Walls Have Ears	Discussions and communication outside of the Forum meetings can be overheard or intercepted causing breaches of confidentiality. Don’t trust email, mail or even voicemail when it’s a confidential issue.
No Gossip	Members should not talk about a fellow Forum member who is not present. Members are to communicate directly with other members of the Forum.
No Insider Trading	Insider trading is illegal. Members are not to trade stock as a result of information shared in Forum.
Forever	Forum Confidential is forever. All members remain bound by Forum Confidentiality forever, whether they remain in Forum or not.

Consequences

- » 1: The offending member is AUTOMATICALLY expelled
- » 2: Member is expected to apologize and discuss with Forum
- » 3: Member is only accepted back with a unanimous vote

FORUM MINDSET (GESTALT)

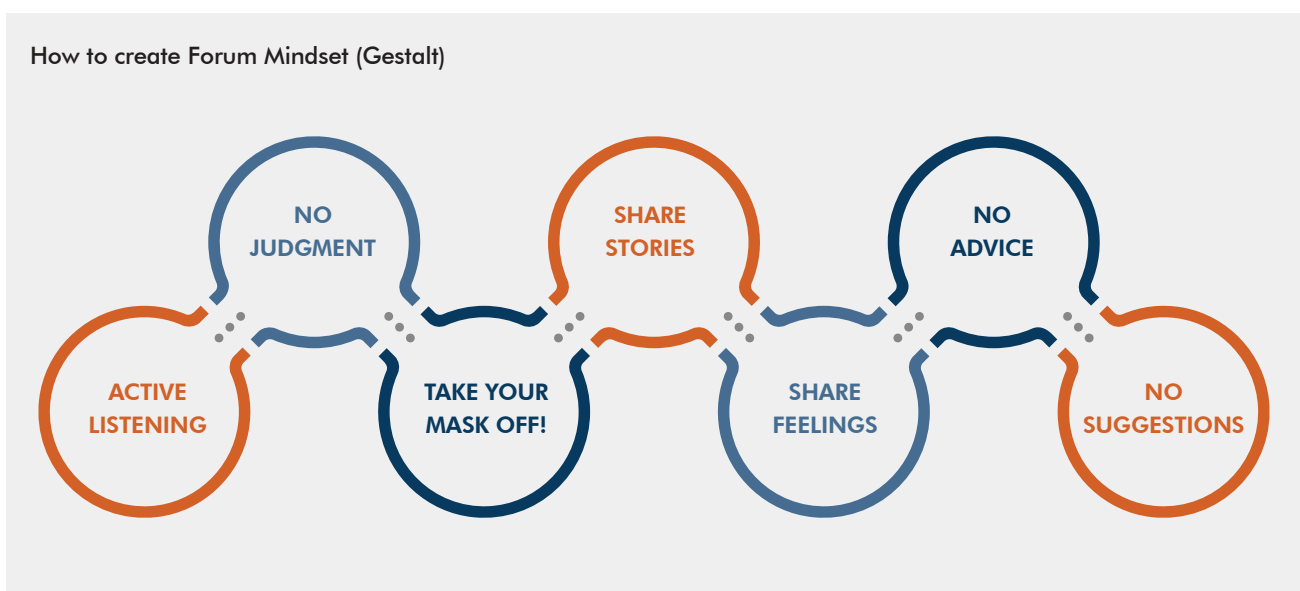
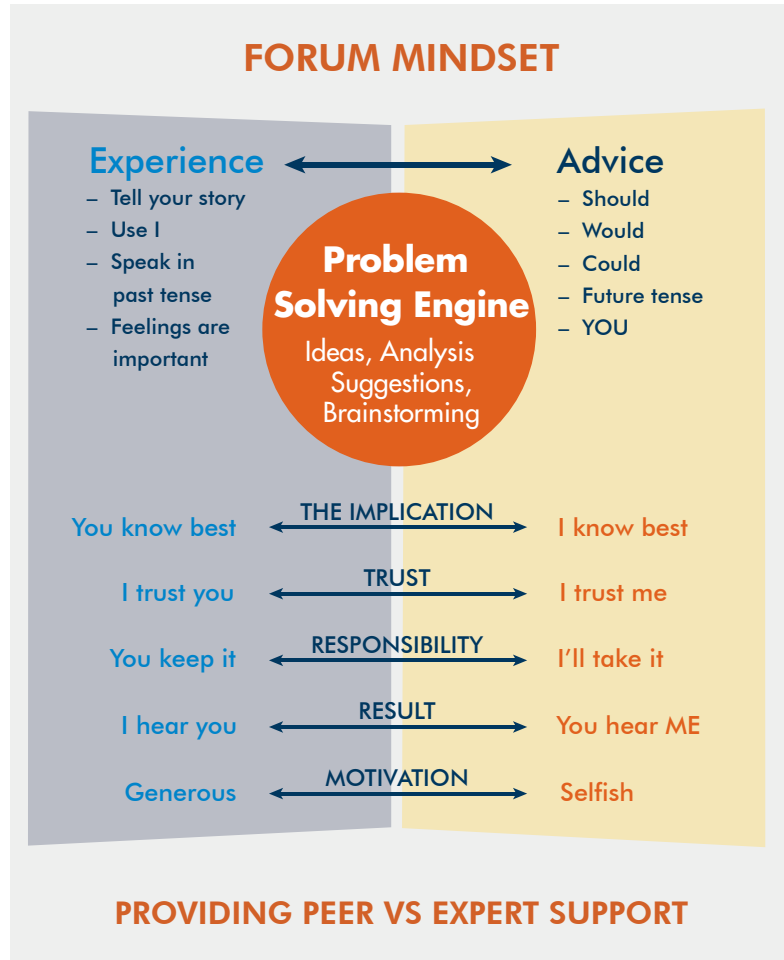
Our Forum Mindset supports the risk being taken by others in our Forum— it is what makes Forum a safe place.

“SPEAK ONLY FROM EXPERIENCE”

- » We love to problem solve, and advice is a frequent default in a problem solving conversation
- » Problem solving interferes with Forum Mindset by introducing opinions and suggestions
- » Forum Mindset enables us to think differently— we become better listeners and we improve our story-telling skills
- » Forum Mindset encourages people to find their own answers

FORUM MINDSET (GESTALT) IN QUESTIONS:

1. WE ONLY ASK QUESTIONS TO HELP US UNDERSTAND WHICH ONE OF OUR EXPERIENCES WOULD BE BEST TO SHARE
2. WE DO NOT ASK QUESTIONS TO PROBLEM SOLVE OR TO ‘LEAD’ ANOTHER MEMBER TO A SOLUTION WE THINK WE SEE FOR THEM



FORUM MINDSET (GESTALT) EXERCISE

A Deep Dive is a chance to share an opportunity, issue or challenge with a small group of close peers who are willing to share their own experiences in a safe, non-judgmental way in order to give you clarity on how to move forward.

Deep Dive scenario

I discovered last week that our bookkeeper embezzled almost \$47,000 over the last few months. She used blank checks and forged my signature to pay her own bills. When I found an entry for exactly \$1,000, it seemed odd, and I went online to investigate. My heart sank. I couldn't believe that someone I trusted so much could steal from me. This is the worst financial betrayal I have ever had.

I have yet to confront her. I am afraid of the impact in my organization. I don't know how to share this challenge with my team. I feel so stupid. Why has this betrayal frozen me?

Sample Questions Posed:	Yes or No
Have you considered having your bank send statements to you personally?	
What is the strongest emotion you feel as you think about how to share this with your team?	
How many bad checks were written? What was the largest check?	
Do you feel it is important to make an example out of this employee in front of your team?	

Is there a question you would ask to find your most resonant experience?

Experiences Shared:	Yes or No
I had a betrayal from a key leader in my company and I was very worried about telling the team. I felt I had no choice. I was completely open and vulnerable with them, and told them everything. I was worried about them perceiving me as a weak and ineffective leader, but they amazed me by pulling together and rallying for the same cause. Although this was a major setback for us, it really created a bond that wasn't there before in my team, and we made some important changes that led to the best years ever in my company.	
Six years ago, I found out that my operations person was taking some of our old product and trying to sell it directly to our customers. I only found out because one of our customers told me they had been approached. I, of course, fired him immediately . . . That is the only way to handle theft. When employees are disloyal they need to be fired publicly.	
In my experience, our accountant told us to have unopened bank statements sent to my house to prevent this from happening. We also have one person in charge of paying bills, and another person in charge of reconciling accounts to keep things separate.	
Wow! I'm sorry that happened to you. I've never had anyone steal from me. However, I can relate to the feeling of betrayal. Three years ago, I was engaged to be married. A mutual friend told me that they suspected my fiancé was still pursuing their previous relationship. It was tough to confront my fiancé, and I was so shocked and hurt by their angry response. It led to the end of our relationship. At the time, I thought I would never get over that breakup and trust again. I'm so glad that I had this experience, and now that three years have past, I've found someone who I trust more than anyone else in my life.	

Do you have an experience share for this Deep Dive?

PERSONAL RESPONSIBILITY

PHYSICALLY PRESENT

Be Committed

- » Forum is not compulsory, so by agreeing to join a Forum, you are making a commitment to the other members of your Forum
- » Attend all meetings. Be prepared. Be on time, and stay until the end.

MENTALLY PRESENT

Be Engaged

- Value is directly proportional to your level of participation
- » Give yourself in order to gain maximum value from Forum
 - » Continually evaluate that you are fully present
 - » Every member is an equal shareholder

EMOTIONALLY PRESENT

Be Yourself

- » Check ego at the door. Be humble, take your mask off
- » If you're not happy with the structure or processes of the Forum, it's your responsibility to speak up
- » Don't dwell on concerns, but rather raise any issues and clear the air, use conflict resolution tools if required



MAXIMIZE YOUR EO EXPERIENCE

In order to maximize your EO membership, plan to invest at least six hours per month on EO.

Forum:

Forum meeting
Deep Dive preparation
Coaching

Learning:

Chapter Events or Socials
Regional & Global Events
EO Executive Education
Virtual Learning

Leadership Roles:

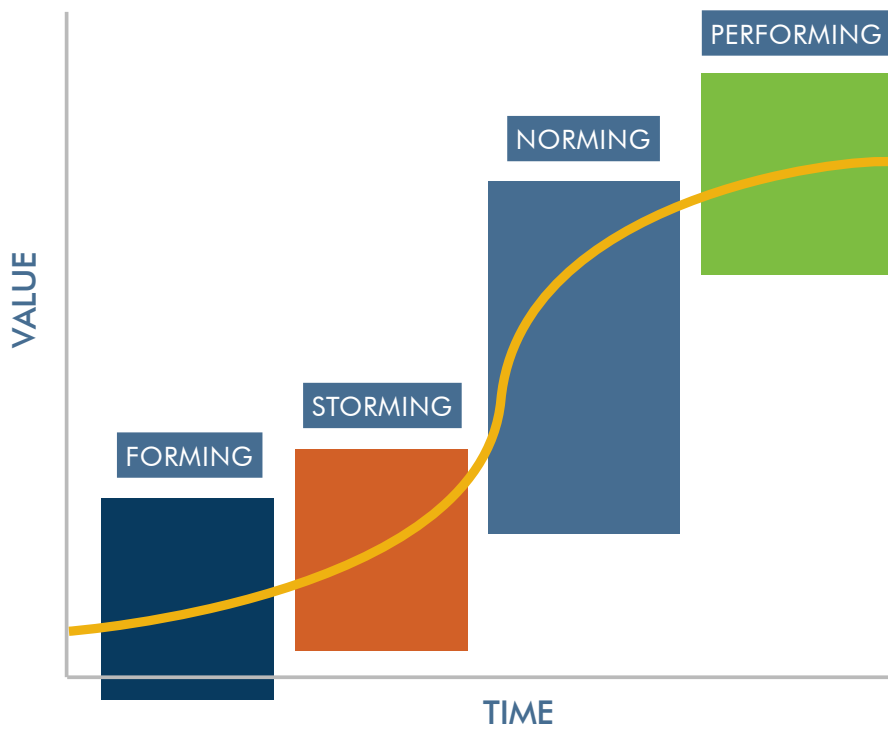
Chapter board
Regional leadership
Championing MyEO
MyEO Group or Event

FORUM DEVELOPMENT

Forum's 4 Principles are a framework from which a Forum develops. Forums (and all small groups) develop, connect and build trust over time.

Levels of Forum Development

Every team, Forum, and indeed relationship develops through stages. You will have experienced this in your teams at work and in personal relationships as well as in Forum. Understanding the stages is helpful to move through them effectively.



Bruce Tuckman. Stages of Group Development. 1965.

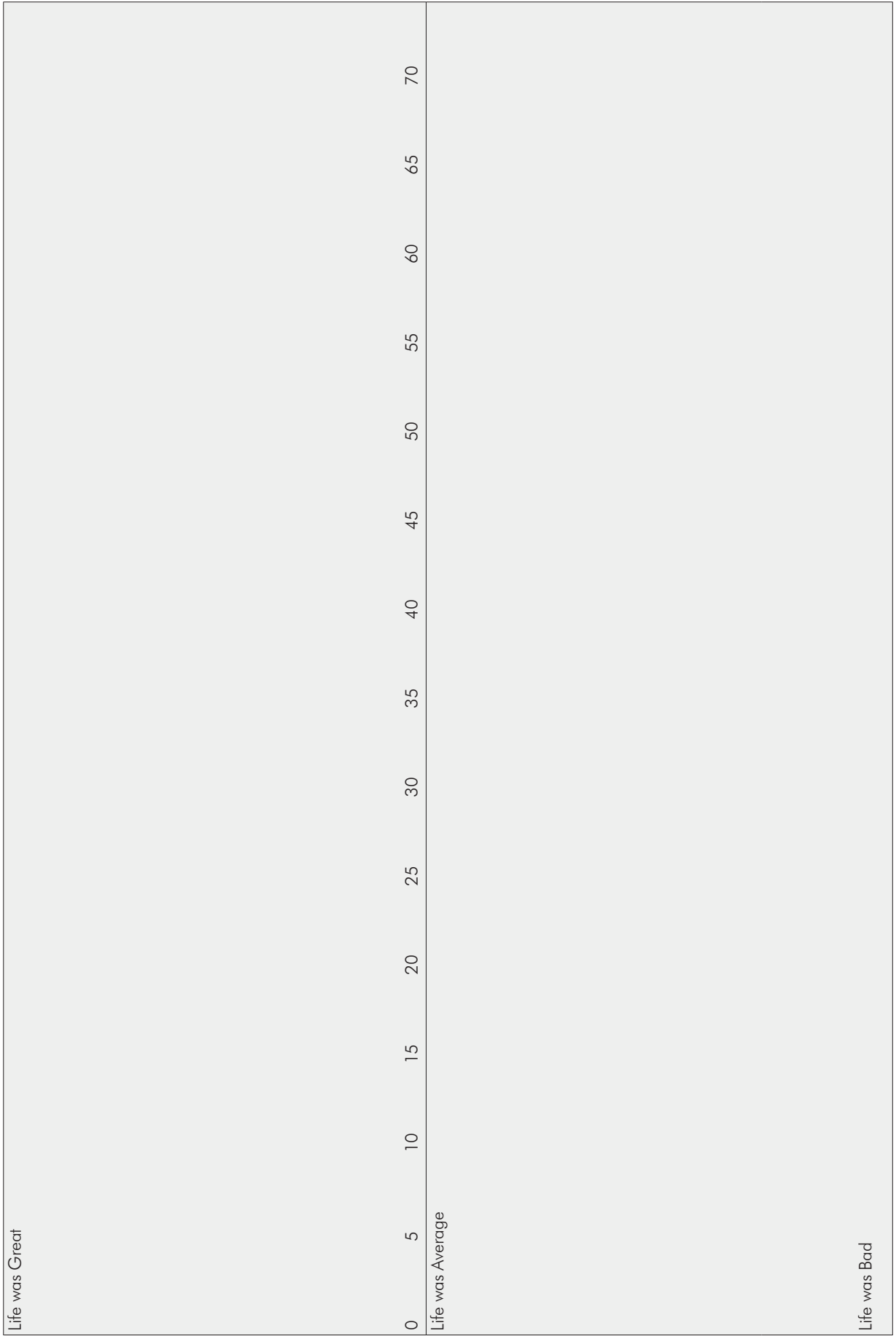
Psychologist Bruce Tuckman first came up with the memorable phrase "forming, storming, norming, and performing" in his 1965 article, "[Developmental Sequence in Small Groups](#)." He used it to describe the path that most teams follow on their way to high performance. Later, he added a fifth stage, "adjourning" (sometimes known as "mourning").

CREATING MEANINGFUL RELATIONSHIPS

A Forum is made of a group of entrepreneurs who each bring their own sets of skills, knowledge and abilities to the group. For the group to function at high levels of interaction, it is important that participants know each other and feel open to sharing key things about themselves. Exercises that create a level of empathy and understanding can be helpful in building trust and confidence in each other. **You can find icebreakers and relationship building exercises at www.eonetwork.org under Forum Resources.**

LIFELINE

Think of your life from the day you were born until today. Think of the high points, the low points and the significant events that shaped your life. Plot each of these points on the graph below.



THE FORUM MEETING

MEETING LOCATIONS

- » Each Forum decides
- » Rotate offices, homes
- » Private space to ensure confidentiality

MEETING DATES & TIMES

- » Each Forum decides
- » Dates – Forum schedules 6-12 months in advance
- » Times – morning, afternoon or evening

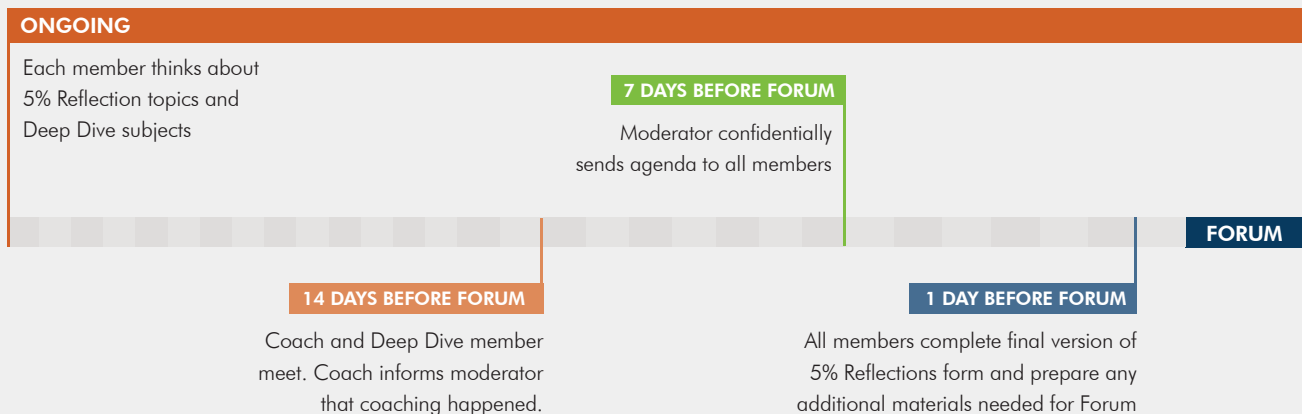
MEETING LENGTH

- » Each Forum decides
- » Best practice is 4hrs depending on group size

SAMPLE FORUM ROLES AND RESPONSIBILITIES

Role	Responsibilities	Term	Selection Process
Moderator	Prepares meeting agenda—distributes one week in advance; asks for volunteers for other roles; leads group through establishing Vision and administration of Forum; leads by example; and participates in Moderator meeting with the chapter Forum Chair. Attends Moderator training.	One year	Election
Moderator-Elect	Facilitate meeting when Moderator is absent. Attend Moderator Training and prepare to takeover as Moderator.	One year	Election
Retreat Planner(s)	Plans and organizes the retreat. May want to assign logistics to one person and content to another person.	Variable	Volunteer
Member	Follow group’s constitution and comply with rules, particularly confidentiality, Forum Mindset, attendance and commitment. Each member presents at least once a year.	As long as member is compliant and continues to give and receive value	Group consensus
Parking Lot Leader	Keeps track of upcoming deep dive themes, scribes for topics during monthly 5% reflections and keeps the parking lot current.	One year	Volunteer
Timekeeper	Manages time for all Forum sections. Gives warnings as time elapses and notice when time is up.	Variable	Volunteer
Social Manager	Plans all aspects of the Forum social events, e.g., holiday party, family summer picnic, etc.	Variable	Volunteer
Board Representative	Attends and reports Chapter Board meetings and reports chapter updates and information to the Forum.	One year	Volunteer

Timeline to prepare for Forum



SAMPLE FORUM AGENDA

Plan	Actual
:00	<p>Arrive</p> <ul style="list-style-type: none"> » Welcome » Electronics turned off and put away » Confidentiality » 1-5 Minute meditation <p>Check-In</p> <ul style="list-style-type: none"> » One-word » Clearing round
:10	<p>Communication Starter (Optional inclusion & self disclosure exercise)</p>
:20	<p>5% Reflections</p> <ul style="list-style-type: none"> » FULLY prepared before meeting » 3-5 minutes per member » Parking Lot Discussion
1:20	<p>BREAK – 10 Min.</p>
1:30	<p>Deep Dive #1</p> <ul style="list-style-type: none"> » 50 min. prepared » WHY topic » Coaching in advance
2:20	<p>BREAK – 10 Min.</p>
2:30	<p>Deep Dive #2</p> <ul style="list-style-type: none"> » 40 min impromptu » WHY topic » Could be open coaching
3:10	<p>Alternate Format</p> <ul style="list-style-type: none"> » Topical discussion, subject matter expert, connection exercise, other » HOW topic
3:40	<p>Housekeeping</p> <ul style="list-style-type: none"> » Future meetings, retreat planning, membership » Debrief meeting – Stop:Start:Continue

5% Reflections - Monthly

- » The monthly 5% Reflection segment is an opportunity for members to share their most significant moments and impact over the past month in their business, personal and family life
- » Come to your Forum meeting having prepared your 5% Reflection and given thought to what you intend to share

Deep Dive

- » The Deep Dive is the section of the meeting when a member shares where they feel stuck or seek clarity on an opportunity or issue. This is a group learning activity where members share experiences and learn from each other on the given topic

DEEP DIVE AGENDA

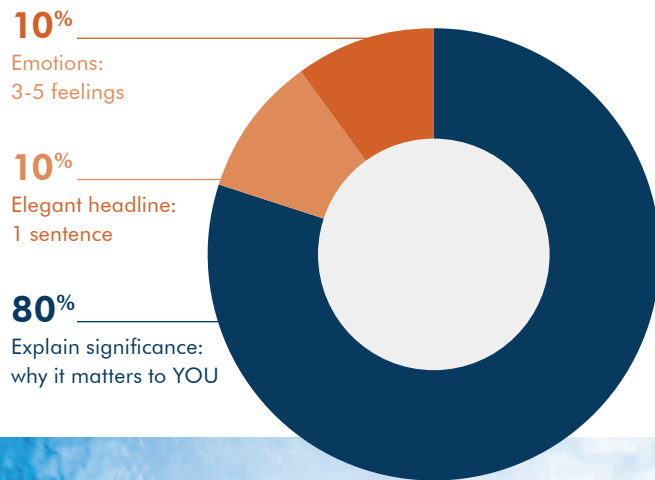
What	Who	Scheduled Coaching	Open Coaching
One word open, confidentiality	Moderator	Less than 1 minute	Less than 1 minute
Coach's intro Communication starter	Coach/All	5 minutes	–
Deep Dive (no interruptions)	Member	10 minutes	15 minutes
Optional questions	All	5 minutes	–
Silent reflection	All	3 minutes	3 minutes
Reminder: listen for own value	Moderator	Less than 1 minute	Less than 1 minute
Experience-sharing	All	3-5 minutes each	About 25 minutes
Individual take-home value	All, with presenter last	5 minutes	5 minutes
One-word close	All	2 minutes	2 minutes

5% REFLECTIONS

TIPS

- » USE quality words to describe feelings
- » Headline...one sentence only,
Don't get stuck in the story
- » Tell the group every time you move boxes
- » Only focus on the 5%

PREPARATION + SHARING FOR 5% REFLECTIONS



PREPARE!

It matters & it shows

Reflections are for me –
not for group to catch up

I filter for events that are
my 5% significance

Start where it matters most

My Events and Epiphanies



5% REFLECTIONS WORKSHEET

	FEELINGS Strongest feelings this past month Single words. Joy, sad etc. 3-5 words each box	HEADLINE What caused these feelings? One sentence only	SIGNIFICANCE (5%) How was this <u>personally</u> significant to me? Dig deep
Work			
Family			
Personal			
Next 30-60 days			

A challenge or opportunity I would like to explore further with the group is...

DEEP DIVE: TOPIC SELECTION

PARKING LOT

It's ideal to have a parking lot leader in the Forum.

Parking Lot – Purpose

- » Identify meaningful, critical, unresolved issues among Forum members
- » Prioritize issues for Deep Dives
- » Monthly frequency
- » Quarterly or Annual review

Parking Lot – Process

- » Ask each member to identify their most critical business and personal issue
- » Using a flip chart, write down the issues for each member
- » Ask each member to rate their issue using the “Urgent” and “Important” grid
- » Prioritize issues to a new list, focusing on Quadrant 1 and 2 issues
- » Discuss the issues and determine the order of future Deep Dives

URGENT VS IMPORTANT

Powerful topics are always Important but often not Urgent.

	URGENT	NOT URGENT
IMPORTANT	CRISIS EMERGENCIES Quadrant 1	PREVENTION PLANNING IMPROVEMENT Quadrant 2
NOT IMPORTANT	INTERRUPTIONS Quadrant 3	TIME WASTERS Quadrant 4

SOURCE:
 First Things First
 Stephen R. Covey
 Published by Simon & Schuster
 Publication date: 1 March 1994

The Eisenhower Box
 Dwight Eisenhower, 34th President of the United States

DEEP DIVE: PREPARATION

Your Deep Dive is:

- » An opportunity to share ANY topic that is important, unresolved and emotionally complex
- » An opportunity to hear the experiences of others
- » A gift of vulnerability to your Forum

✓

Your Deep Dive is not:

- » A counseling session
- » A fix-it session
- » An opportunity to debate solutions

✗

FROM PROBLEM SOLVING TO SELF DISCOVERY

DEEP DIVE: WORKSHEET

Complete prior to your coaching session. Come prepared to your coaching session to present all the information on this worksheet. After the coaching session, you may want to update this document to reflect your current thinking.

1. ISSUE STATEMENT

What do you want to explore with the Forum?

2. OVERVIEW

- a. Background

- b. Current situation

- c. Future options (pros and cons)

3. DIVING DEEPER

- a. Where do you feel most uncertain, confused or afraid?

- b. How might your own actions be contributing to the challenge you face?

- c. What would failing in this mean for you and those around you?

- d. What is your biggest personal challenge here?

- e. What feelings do you have?

- f. What is the outcome you hope for? What is your level of confidence right now that you can achieve this outcome on a scale of 0-100 percent (0 percent: no hope; 100 percent: completely confident)?

DEEP DIVE: COACHING

VISIBLE 20%

DEEP DIVE:

HEADLINE

WHAT HAPPENED?

WHAT HAPPENED?

WHAT WAS SAID?

WHERE?

WHEN?

WHO?

DATA

INVISIBLE 80%

FEELINGS:

HOW I FEEL?

EMOTION

FEELINGS

MOTIVES

SIGNIFICANCE:

WHY IT MATTERS TO ME?

GUT
SENSATIONS

- » **Quiet mind.** Let go of the noise in your head and LISTEN.
- » **Reflect back.** Is what you are hearing accurate?
- » **Listen for the struggle BENEATH the story.** Where is the challenge?
- » **Focus on core issues.** What matters most?
- » **Coaching is NOT the main event!** No problem solving or sharing!!

DILEMMA

QUESTION
OF ESSENCE

Notes

DEEP DIVE: COACH'S WORKSHEET

PREPARE

- » Meet one to two weeks before your Forum meeting, not the day of the meeting
- » Meet in a comfortable, private space, allocate about an hour
- » Member brings completed Deep Dive Worksheet to begin the coaching conversation
- » Important Coaching Mindset: Quiet mind. Listen curiously and reflect back. Focus questions on core issue or challenge, NO problem solving. Find clarity for Deep Dive ONLY

COACHING CONVERSATION:

"Tell me about the situation you'd like to share. What's the background, current situation and what are some future options you're considering?" Paraphrase three to five times.

Notes

DIVING DEEPER:

As you listen to the member's responses, watch and listen for indicators that suggest deeper layers to the situation. Focus on these:

- » Use open-ended questions to learn more about anything that sounds important. "Tell me more..."
Help me understand...
- » Ask why three times to understand what something really means
- » Does their body language or tone of voice catch your attention?
- » Do you notice them using any powerful words or metaphors, indicating intensity?
- » Do you hear them come back to something again and again?
- » Do you hear or see in them something that they're not identifying and might not be aware of?

Notes

DEEP DIVE: THE COACH'S INTRODUCTION

INTRODUCTION

Define the topic by narrowing it down using this question:

"Of everything that you've shared, what are you most troubled by, uncertain about or stumped by today?"

Where are you in your decision-making process?

What question(s) do you hope to answer for yourself in this Deep Dive?

The feelings I heard as I coached this Deep Dive:

» » »

» » »

Intensity level: How much emotion, distress, excitement, pain was there as I coached this Deep Dive?

Low

Medium

High

Communication Starter:

Think about a time when you felt _____ (presenter's strongest feeling) because _____
(link back to a general description of the topic).

Example: Think about a time when you felt frustrated because an important person in your life was holding you back.

SAMPLE FORUM CONSTITUTION

Constitution guidelines

- » Each Forum writes its own constitution
- » The constitution should be reviewed and updated each year

Constitution purpose

- » Establish alignment of group mission
- » Define expectations of member participation
- » Enable maximum benefit and value of Forum to all members

Here is some sample content that you might find in a Forum Constitution.

Mission & Vision	To share, learn and grow personally and professionally as individuals and as a Forum.
Confidentiality	Any breach of confidentiality will result in immediate expulsion from the Forum. After a Forum discussion (impact, apology, etc.) , the offending member may be readmitted only by unanimous vote.
Fiscal Year	1 July to 30 June
Number of Meetings and Retreats	11 meetings and one retreat are held each year. One of the meetings may be social and is counted for attendance purposes.
Attendance	A member who misses two meetings or a retreat within a fiscal year is automatically removed from the Forum unless unanimously voted back in.
Tardiness	A member who is late for one meeting is docked for one-half an absence and fined US\$___ per minute, up to US\$___.
Forum Mindset (Gestalt)	Forum members will follow the Forum Mindset (Gestalt) and speak only from experience at our Forum meetings.
The Member Experience	Each member of Forum is responsible for his or her own Forum experience.
Cell Phones and Electronics	No cell phones are allowed during Forum meetings or retreats, except during designated times or as pre-approved by the Forum. Violation results in a US\$___ fine.
Group Size	Our forum will have 8 - 10 members.
Members Joining Forum	Members joining the Forum must meet majority consent of the existing members.
Members Resigning from Group	Members resigning from Forum are expected to make an exit deep dive. A member who chooses not to make an exit deep dive forfeits his or her unspent balance of Forum dues.
Emergency Meetings	Emergency meetings are available to a member in need. Attendance is not mandatory.
Term	Moderator, secretary and financial officer have one-year terms coinciding with the fiscal year.
Food/Alcohol	No consumption of alcoholic beverages is permitted during meetings or prior to meetings. Drinking during retreats is only permitted during designated times. While food may be available, it should not distract from our Forum experience. Respecting when members speak is expected.
Business Dealings	All business transactions more than US\$_____ are strongly discouraged among Forum members and must be disclosed to the Forum.
Romantic Relationships	No romantic relationships are permitted among Forum members.

FORUM OFFERINGS

AVAILABLE FORUM PROGRAMS

The Forum Framework was created to enable members to experience and apply the power of Forum in every aspect and phase of their entrepreneurial journey. The Framework allows EO to organize Forum types more effectively, addressing experiences related to personal life, family life, business and member communities. With this enhancement, every member will have access to an ideal Forum experience that provides unique value tailored to address their specific needs.

	CHAPTER FORUM	BRIDGE FORUM	EXPERIENCE FORUM
WHO	Chapter members, and their SLP, KE and/or Adult Children	Regional members with Forum experience	Local or regional members with Forum experience
WHAT	Monthly meetings + retreat 8-10 members	Trimester or quarterly meetings 12-16 members	Custom (based on specific experiences, interests, life phase, industry type, time in EO or passion)
NEW MEMBERS	Forum chair	Opt-in for members Placed by Bridge team	Opt-in/Recruited by Forums EO communications
MANAGEMENT	Chapter Forum chair	Bridge Forum chair	Local Experience Forums: Chapter Forum chair Regional Experience Forums: Experience champions
EXPERT SUPPORT	Regional Forum expert	Regional Forum expert	Forum committee member
STAFF SUPPORT	Chapter admin + standardized services from global	Bridge admin + standardized services from global	Self-admin + standardized services from global
ACCESS TO TRAININGS	Self-service booking	Self-service booking	Self-service booking
COSTS	Retreat and social fees <i>Varies by Forum</i>	Event fee, airfare and lodging <i>Varies by event</i>	Retreat and social fees <i>Varies by Forum</i>
HOW TO JOIN	Forum Chair	Search EONetwork.org for Bridge events in your region or contact forum@eonetwork.org	Locally: ask your Forum chair Regionally: Search EONetwork

FORUM WORKSHOPS

FORUM CORE CONTENT WORKSHOPS

FORUM LAUNCH

Set Up for Success

- » Customized to fit your new Forum's unique needs
- » Build a strong foundation and rhythm for your new Forum
- » Design your constitution, define core values and share 5% Reflections

FORUM ESSENTIALS

Increase Meeting Effectiveness

- » Review agenda, structure and processes
- » Deepen Forum Mindset (Gestalt) to increase vulnerability and trust
- » Strengthen understanding and commitment to 5% content
- » Build strong Parking Lot and Deep Dive schedule
- » Strengthen coaching skillset

FORUM TOOLS

Coaching and Deep Dive Mastery

- » Deepen Forum Mindset (Gestalt) to increase vulnerability and trust
- » Develop individual coaching beliefs and skills
- » Practice unplanned coaching and deep dives

MASTERING COACHING

Become A Skillful Coach

- » Learn and practice the EO 4 step coaching process
- » Leverage the Deep Dive and coaching worksheets
- » Build coaching skills for Forum, business and life

DEEPER CONNECTIONS

Explore Deeper Levels of Trust and Sharing

- » For connected, effective Forums
- » Structured approach for blind window sharing
- » Explore new depths

GOALS & ACCOUNTABILITY

Set Goals and Create Forum Accountability

- » Set meaningful goals with Forum support
- » Establish accountability partners
- » Design ongoing accountability into Forum

LEADERSHIP FOR FORUM WORKSHOPS

Leadership skills for forum and life

STORYTELLING

Tell Powerful Stories

- » Understand story structure and archetypes
- » Craft and deliver authentic, powerful stories
- » Tell better stories in Forum, business and life

LIVE YOUR LEGACY

Build a Plan, Live with Intention

- » Why and core value discovery
- » Design your life; now and the future
- » Create actionable, aligned plans and powerful Forum content

FORUM FOR FAMILY WORKSHOP

Leverage the Power of Forum in Your Family

- » Explore exercises, tools and templates to strengthen your Forum and your family
- » Packed with real life examples of EO member's family experiences
- » Develop a plan to bring Forum mindsets, tools or skillsets to your family

PLEASE NOTE!! Forum Workshops are not designed as interventions for a Forum in crisis, they support Forum development and value. If you have immediate questions or concerns contact your local Forum Chair, Regional Forum Expert or a Forum Trainer.

Scan this QR Code
for Forum Training Evaluation.



Notes

EO: YOUR JOURNEY, YOUR SUCCESS

Welcome to EO! You've made a life-changing commitment to yourself! Now it's time to set your goals and make your plans. The quality of your journey will shape your success!



Take the EO paths
that enrich YOU