

KAREN RUSSO

Money Momentum Coach



Mastery Group Guidelines

Set Up Your Group

Mastery Groups dedicated to growing cash & consciousness are optimally small enough for intimate connection and large and diverse enough to provide encouragement, challenge and learning. Typical group size is 3-9 members.

Establishing regular meeting times and keeping time/ attendance commitments is important. Groups typically meet no more than once a week and no less than once a month. Video and telephone conference lines such as Zoom and www.freeconferencecall.com are easy to set up. Meetings are usually no less than 30 minutes and no more than 90.

You can also have a regular weekly call and supplement with an in person or phone longer call each month or quarter or year focusing on specific topics or activities. Rotating leadership or facilitation of the regular calls is helpful so that everyone contributes to the functioning of the group.

Determine upfront what level of confidentiality you can all agree to. For example, will you share with others the membership of the group? Can you share details of deals, business, personal wealth without concern?

Purpose of the Group

Mastery Groups provide both encouragement and challenge for members. Encouragement is positive feedback and mirroring that helps each person to grow and continue with new thoughts, practices, habits and results. Challenge is corrective feedback that helps us to stop and change thoughts, habits and results. Both kinds of support are important at different times and for different people. As intimacy deepens, you'll be more adept at listening, speaking up and offering insights to one another.

Groups can provide a place of accountability... each meeting concludes with intentions for actions that each will take in the coming week or month. Knowing that you'll be checking in with your Group can be a powerful motivator for accountability and self insight.

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Sample Group Process

Leader reads an Opening, such as:

Let us open our minds, hearts and hands to living lives of Real Financial Power. We imagine that everything that we desire in financial abundance for ourselves, our loved ones and the world is available, active and alive right now. We see ourselves as peaceful, free, joyous, generous, prosperous and powerful. In this state of consciousness, our contributions to the world are masterful. We are enjoying and creating Wealth & Well Being.

Together, everyone repeats Group Agreements:

- We keep confidences.
- We honor and respect our time and participation commitments.
- We listen without judgment.
- We offer encouragement, challenge and ideas in support of each other's growth.

Quick Check In: Grateful & Growing

Each member checks in with what they are grateful for and what's working well.

Problems/ Issues/ Opportunities

Each member (or one member each meeting) brings an issue, problem or question to the group for input, ideas and insights. Emphasis is on listening and learning, not advice or story-telling.

Intentions:

Each member completes with an intention for action, spiritual practice or education, etc.

Leader reads a Closing, such as:

We give thanks for the encouragement, challenge and expansion of this group. We continue to give, share and contribute our best for ourselves and the world. All is well.