



SAMPLE FACILITATOR GUIDE SCRIPT

TRANSFORMATION TABLES

Here is a script that you can use to help you get a sense of how to facilitate your Transformation Tables.

“Hello everyone! Today we will be talking about Hope.”

STEP 1:

Note: In every Transformation Tables group, after the first session, you will share what your action step was in the previous lesson and how you did at living it out. Then you will ask each person in the group to share. Because this is the first Transformation Tables group, you can skip this step for Lesson 1. Instead, you can ask participants to introduce themselves to the group by sharing their name and what they do.

STEP 2:

“We’re going to begin by reading about the value. I will start by reading the first paragraph. Then I will call on the next person to read the next one. And we will keep going with each person taking a turn. As we read, make note of the things that are important to you. When we are done reading, we will each take a minute to share one thing we made note of that’s most important to us along with a brief explanation of why we found it impactful.”

Note: The group should read all the material except the Evaluation and Action section.

“Thank you for reading the lesson on Hope with me.”

STEP 3:

“Now, we will share the part of the lesson that was most important to us and why. Try to keep your comments to one minute. I will go first . . .”

Note: Make sure you use the pronouns I and me to set an example of how to share. Remember, transformation begins with me. Be sure to thank each person after he or she shares.

STEP 4:

“Thank you for sharing. Now let’s take about two or three minutes to complete the Evaluation and Action section. It asks you first to rate your current application of this value to your life on a scale of one to ten. One is low, which means you believe you’re terrible at it. Ten is high and means you think you’re perfect. Please stay away from choosing five or six, and make sure your evaluation is for today, not you at your best. Write down your answers. I’m going to do mine right now, too.”

Note: Encourage everyone to write out the evaluation by doing yours immediately. Write out your answers. When you’re finished, watch to see that everyone else has completed the evaluation.

STEP 5:

“Let’s take a minute to share what we wrote in our Evaluation and Action section. I will go first. I gave myself a _____ today on the quality of Hope.

I gave myself this rating because _____.

By raising my rating, my benefit will be _____.

I feel _____ demonstrates this quality well.

This is why: _____.

My specific action this week is _____.”

Remember: For an action to be specific, you must answer the following questions:

- » **What will you do?**
- » **With whom will you do it?**
- » **How will you do it?**
- » **Where will you do it?**
- » **When will you do it?**

Make sure your action is one small, measurable, achievable action step. Make sure it is specific.

Note: When you have finished, ask the next person to share. Remember to say, “Thank you,” after each person has participated.

“Thank you for participating, and I look forward to seeing you next week.”