



MOMENTUM+

Facilitator Guide

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ACKNOWLEDGEMENTS CONTENTS

© Canadian Career Development Foundation (CCDF), March 2015. Revised 2020, 2021, 2023.

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Developed by the Canadian Career Development Foundation / Fondation canadienne pour le développement de carrière

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MOMENTUM+



OVERVIEW

The third module in the IM&M+ workshop series, **MOMENTUM+**, supports participants transitioning from the IM&M+ program to their next steps. In this transition phase of the program, Momentum+ helps participants work on their action plans created at the end of Momentum and reconnect with the group. The group has become and will continue to be part of a network of allies who can support participants with the next steps of their careers.

The module consists of six one-day (6-hour) workshops with breaks in the morning and afternoon and an hour-long break for lunch. It is intentionally flexible in design and delivery, understanding that participants will want to work on areas specific to their action plan. For this reason, as the facilitator, you will fill out the content for most workshops. There is a workshop template to help you design these days with your group.

In keeping with its flexible design, the workshops can be delivered two days a week for three weeks, one day a week for six weeks, or in another configuration that suits you and the group. **Because this is a transition module, the workshops (days) should be spread out so that participants can work independently to reconnect with the group and report on their progress. Ideally, there is at least 1 or 2 days in-between meetings.**



GOALS

The goals of Momentum+ are to ensure IM&M+ participants are:

- Supported and focussed on the next steps after IM&M+
- Supported to tap into the support system they've developed in the program thus far
- Motivated and engaged as they implement their Action Plans and progress towards identified goals
- Linked to community resources and other networks for sustained support as they progress towards their preferred future.



OUTCOMES

At the end of Momentum+, participants will feel/believe the following about their lives:

- I feel that I am on track to make changes in my life that I need to make to reach my goals
- I have a positive support system that I can tap into when needed
- I approach each step of my action plan with confidence and a positive attitude
- I cope with and learn from challenges and bounce back from disappointments
- I know how to stay motivated and engaged
- I am supportive and encouraging to others (especially those in my IM&M+ group)
- I know my skills and strengths

- I am working towards and know that I can achieve my goals
- I seek help when needed
- I know where to find community resources I need to support me with the steps of my Action Plan
- I can see exciting possibilities for myself now and in the future.
- I feel hopeful about my future.



IMPORTANT CONSIDERATIONS

Momentum+ is meant to provide participants with a supported and gradual transition from the IM&M+ programming. It offers an opportunity to give targeted support to participants on their Action Plans that they developed at Momentum's end. Participants can stay connected with their peers – sharing in the same respectful and familiar environment established during the previous modules. A focus of Momentum+ is to increase participants' sense of motivation and engagement.

Participant needs will vary by individual and group. For this reason, this facilitator guide differs from the one for In Motion and Momentum. It allows you, the facilitator, to develop and deliver content that directly supports the participant's individual goals.

We have developed two of the six days (the first and the fifth) and provided a proposed structure for all remaining days. You will create the remaining days of programming based on

consultation with participants and your knowledge of the group.

Each day-long Momentum+ workshop:

- Follows a daily routine or schedule just like In Motion and Momentum, and
- Addresses a key theme or topic relevant to participant needs and interests.

The workshop for Day 1, Reconnecting, is fully developed and addresses the theme of coming back together again after completing Momentum.

You will create workshops for Days 2, 3, 4, and 6. Facilitators and participants will identify workshop themes/topics based on participants' identified needs and interests.

The workshop for Day 5, Sustaining Connection, supports participants in planning to stay connected with this peer group and prepares them to move on from the program. We chose Day 5 so you and the participants can plan the very last Day 6 Workshop.

The workshop for Day 6, Celebration, is about highlighting and recognizing participant achievements.

Workshop Topics: Participant's Choice

Like In Motion and Momentum, Momentum+ is, at its core, person-centred. Momentum+ workshop topics will reflect the participants' identified needs, issues, and interests.

Throughout IM&M+, participants are recognized as the architects of their future and participate in the program's direction and content. As IM&M+ facilitators, you will be asked

to draw on and develop four workshops (Days 2, 3, 4 and 6) based on the selected topics. There is a planned activity during Day 1 where you and the group brainstorm and choose the key themes you want to address in the following workshops. By identifying participants' topics in Day 1 you will have the time to plan for and create content for your upcoming sessions.

As you brainstorm a list of potential topics with the group, you may want to remind them of the needs, issues, or interests they focussed on during Module 1 and 2 (e.g., needs revealed during the Morning Check-Ins). You should feel free to add to the list of suggestions. Encourage participants to identify topics that reflect where they "are at" right now and what they deem vital for transitioning beyond the program. You will want to guide the process, so everyone is heard, and the group comes to a consensus on the final decision. The closer the topics reflect the group's genuine needs and interests, the greater the chance the group will be engaged in and feel ownership of the workshops.

Participants may want to return to some of the broader themes introduced during In Motion and Momentum, such as empowerment, self-esteem, motivation, a vision for the future, goal setting and achievement, health and wellness, community engagement, and healthy relationships. There is a wealth of theme-related activities in the In Motion and Momentum modules that you may want to build on. You can use them to inspire and spark your creativity. That said, we also think, in keeping with Momentum+'s objectives, the workshops may take on their own life. We can't guess what topics will be important to Momentum+ participants. They could vary from familiar themes like motivation and resilience

to topics related to participants' specific goals such as citizenship, mental health resources, nutrition, budgeting, applying for a pardon, or accessibility issues.

As you develop your workshops, you will want to select icebreakers and activities that apply to the day's identified topic and ones that are experiential, engaging and fun. As an IM&M+ facilitator, you have a great reservoir to draw on. Your workshops will be built on a solid foundation: your deep understanding of your participants, your trust in one another as a group and your shared IM&M+ experience. And, we want to reinforce that you are not alone. You have a network of resources available as you construct your workshops, beginning with the Community of Practice Network (<https://inmotionandmomentum.mn.co>) and the IM&M+ team (more on that later).

Workshop Format: A Daily Routine

While workshop topics will differ from session to session, we have suggested a workshop format that follows a daily routine. You will recognize this routine and some reoccurring or anchoring activities from In Motion and Momentum. Having a routine they recognize will help provide participants with a sense of stability and "being at home" as they bridge this new module. We also hope this daily format will assist you as you work to create your workshop content.

The Momentum+ workshops' suggested routine is a guide below. The indicated times and the sequence of activities are flexible. The proposed time of the day allows you to get a sense of the timing for each activity. You may choose to start the day later, have a shorter lunch period, order the content differently,

and select types of activities to accommodate your participants' lived realities, needs, and interests. You may also choose to spend the day on the land or on a field trip to a community event or resource that may be new to participants. The workshops you develop will focus on what most supports your group's needs as they progress through the module.

Sample Momentum+ Day Set-up

8:30 to 9:00	MORNING ROUTINE (RECURRING ACTIVITY) • This is the same welcoming routine participants experience in In Motion and Momentum. It allows them to have a coffee or tea, enjoy fruit or another snack, relax, and settle in for a good day. • Ensure that you and the room (physical or virtual) are ready to welcome participants by 8:30 am or a half-hour before your scheduled start time.
9:00 to 9:45	WELCOME/ICE BREAKER • Invite participants to get together as a group, • Connect with each participant and welcome them to the day • May wish to review the main theme(s) and schedule for the day • Introduce a fun icebreaker related to the day's theme Note: On the Community of Practice portal (https://inmotionandmomentum.mn.co), IM&M+ Facilitators will be invited to post and exchange some of their favourite icebreakers. For ideas, search “icebreaker”.

9:45 to 10:30	MORNING CHECK-IN – TWISTER (RECURRING ACTIVITY) • This is the same activity that was part of the Morning Routine during Momentum • Its purpose is to have a daily check-in with each participant early in the day and have the group connect. It is a time to acknowledge and help each other resolve challenges, share support or resources, and congratulate someone who has learned something new and share dreams and hopes for the future. The check-in provides an opportunity to build and strengthen peer support. <i>Note: This activity encourages self-reflection and meaningful collective involvement. The Morning Check-In also represents an opportunity to introduce and discuss the theme of the day or to revisit the group's action plans (e.g., the challenges or barriers in taking the next step, what they have learned as they implemented their Action Plan, what resources or supports they have/need, and their success).</i>
10:30 to 10:45	BREAK
10:45 to 12:00	WORKSHOP ACTIVITY, MINI PRESENTATION This activity or presentation should reflect the topic of the day. This activity will change from workshop to workshop and is an opportunity to provide participants with new content and new learning. It can be an experiential small group activity, or you might show a relevant video or read a related article followed by a group discussion, etc. <i>Note: If you are looking for themed activities or ideas for presentations, we have listed some by theme in the Community of Practice portal (https://inmotionandmomentum.mn.co). Use the portal</i>

	<i>to post and exchange activities or themed presentations with your fellow facilitators.</i>
12:00 to 1:00	BROWN BAG LUNCH Note that you'll be breaking for an hour. Participants are welcome to stay in the room to eat or head out. If there is still fruit or snacks from the morning, invite participants to help themselves. <i>Note: You may want to arrange for a group lunch on the last day of the program</i>
1:00 to 2:00	GUEST SPEAKER • The purpose of this activity aims to link participants to community resources and contacts relevant to their identified needs/interests. • The speaker may speak to the day's topic or represent a community service connected to the day's topic. • The hope is that the speaker will act as a contact person for group members and assist participants in linking directly with a supporting community service/resource during and after the program. <i>Note: Guest speakers can present face-to-face or virtually. You may want to spend some time with participants before the presentation to formulate some questions they might have for the speaker, and then leave time (@15 min.) at the end of the presentation for a question-and-answer session.</i>
2:00 to 2:15	POWER BOX (RECURRING ACTIVITY) • This is an activity that participants will be familiar with from both In Motion and Momentum. • The purpose of the Power Box is to hold items/reminders (pictures, symbols, poems, images,

	quotes, etc.) that participants want to carry with them as they move forward toward their goals • For the Momentum+ workshops, you may want the Power Box items/ reminders to be connected to the day's theme • As the workshops progress, you can include the idea of creating gifts for other participants' power boxes with a final Exchanging Power Box Wishes activity for the last Workshop in Workshop 6 <i>Note: You will want to ensure that all participants still have Power Boxes available.</i>
2:15 to 3:00	WRAP UP • Remind the group of the date of the next session • Have a brief go-around in the group to discuss what one thing participants hope to accomplish or do by the next time we meet.

Community of Practice: Sharing the Gold

The purpose of the IM&M+ Community of Practice portal is to support each other in implementing the program. The IM&M+ portal (<https://inmotionandmomentum.mn.co>) will act as a virtual space to stay connected after the training and share and exchange experiences. It can also be a place to share our workshop ideas, resources, activities, and tools.

During Momentum+, we encourage you to post your workshop outlines (themes, ice breakers, activities and list of guest speakers) on the portal site. The sharing and exchange of workshop content and information will help build a bank of resources that IM&M+ facilitators can access and use to create their Momentum+ sessions.

MATRIX OF LEARNING OUTCOMES ACROSS MOMENTUM+

The following table shows how the intended outcomes of the program map to the activities in this module. The outcomes of the IM&M+ workshop series are the same, but the activities across all the modules are developmental. They are meant to support participants in building career readiness and foundational career management skills. Note that the group identifies Workshops 2, 3, 4, and 6 themes. You can put activities that you choose to do on the chart and determine the outcomes. If you do this, please post it in the Community of Practice portal (<https://inmotionandmomentum.mn.co>).

Activity	Career Readiness Factors								Career Management Skills			
	Self-Esteem	Self-Efficacy	Locus of Control	Motivation	Resilience	Positive Relationship Building	Accessing Resources, Networks and Allies	Belonging/ Mattering	Self-Awareness	Identifying Skills and Strengths	Goal Setting & Achieving	Vision for the Future
Morning Routine	✓	✓		✓	✓	✓	✓	✓	✓			
Norms	✓	✓	✓			✓		✓				
Daily Check-in/Twister	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓
Group Lunches	✓	✓				✓		✓				
Guest Speaker							✓					
Power Boxes	✓	✓		✓	✓	✓		✓	✓		✓	✓
Workshop for Day 1: Reconnecting												

Activity	Career Readiness Factors								Career Management Skills			
	Self-Esteem	Self-Efficacy	Locus of Control	Motivation	Resilience	Positive Relationship Building	Accessing Resources, Networks and Allies	Belonging/ Mattering	Self-Awareness	Identifying Skills and Strengths	Goal Setting & Achieving	Vision for the Future
Icebreaker: Two Truths and a Dream Wish	✓					✓		✓	✓			✓
Momentum + Brainstorming of Themes		✓		✓	✓	✓	✓	✓	✓	✓	✓	✓
Workshop for Days 2, 3, 4 and 6 – Activities Selected by the Group												
Workshop for Day 5: Sustaining and Activating Connections												
Icebreaker: Quilt	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓

Activity	Career Readiness Factors								Career Management Skills			
	Self-Esteem	Self-Efficacy	Locus of Control	Motivation	Resilience	Positive Relationship Building	Accessing Resources, Networks and Allies	Belonging/ Mattering	Self-Awareness	Identifying Skills and Strengths	Goal Setting & Achieving	Vision for the Future
Sustaining & Activating Our Connections (Option 1)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Sustaining & Activating Our Connections (Option 2)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Planning Graduation						✓	✓	✓	✓			✓



WORKSHOP 1: Reconnecting



KEY THEMES FOR WORKSHOP 1: RECONNECTING

- Reconnecting with ourselves and each other
- Revisiting our preferred future and action plan
- Reconnecting with our community

WORKSHOP 1: RECONNECTING

8:30-9:15



WELCOME

MORNING ROUTINE**

- Make sure you and the room are ready to welcome participants by 8:30 a.m. Choose quotes to put up on the wall and make the space as warm, relaxed, and inviting as possible. Make sure tea, coffee, fruit, and other snacks are out and ready. Have various reading materials at different reading levels (newspapers, magazines, short graphic novels) that participants can pick up if they want.
- Have quotes of the day posted either on a flipchart or whiteboard
- Welcome participants as they arrive. Greet participants by name and invite them to help themselves to coffee/tea and a snack. Note that they are welcome to read or relax and visit.

- Each day will begin with this routine, so participants have time to have a bite, get caught up on the news and settle in for a good day.



NOTE TO FACILITATOR: Some quotes for the theme of reconnections:

- *"Staying connected and getting reconnected feeds the flow of goodness which empowers our humanity."* — Susan C. Young
- *"Occasionally we must disconnect to reconnect later on."* – Dominic Riccitello
- *"Never underestimate the empowering effect of human connection."* — Drishti Bablani Wordions
- *"Connection is the energy that is created between people when they feel seen, heard and valued."* – Brene Brown

9:15-9:45

WELCOME BACK/NORMS

- Invite participants to get together as a group, sitting where they are comfortable, can see/hear each other and you and can participate.
- Acknowledge and congratulate participants on completing In Motion and Momentum and all the personal and group successes and accomplishments during the program.

- Note how excited you are about seeing and catching up with them again and participating in this 3rd and final module, Momentum+. Note that this is a chance to reconnect with each other and work on our individual goals and action plans developed in Momentum. Momentum allowed us to work together to make a difference in our community. Momentum+ allows us to work together to support each other as we take the first steps towards our preferred futures.
- Norms
 - Let the group know that while Momentum+'s format is different, the same values of respect and mutual support apply.
 - Remind the group that during In Motion, we developed norms and during Momentum, we reviewed and adjusted them as we got to know each other better and discovered how we best worked together.
 - Bring back a copy of the norms the group created and revised throughout the program. Ask the group to review them and if there are any changes or additions to the norms the group would like to make for this third module
 - Ensure everyone understands and agrees with any changes or additions made before putting them on the list of norms
 - Capture changes or additions agreed to and display the norms where the group can see them.

9:15-10:00



ICEBREAKER ACTIVITY: TWO TRUTHS AND A DREAM WISH

The objectives of this icebreaker are to support the group in reconnecting with each other, revisit the participants' preferred future/goals, and emphasize that there is always more to learn about people we've come to know well.

- Introduce the activity by letting the group know that today's icebreaker focuses on reconnecting with each other.
- Provide a small piece of paper or index card to each participant.
- Instruct the group to write three things about themselves on the card. Two things should be accurate, and one should be something that is not true — yet something they wish to be true (i.e., a dream wish). For example, someone who has always wanted to go to Paris but hasn't might say, "I visited Paris with my sister when I was 18."
- They will read these out and see if the other group members can guess the dream wish. Challenge participants to be creative to see if they can trick the other participants. Give participants about 5 minutes to write their statements and number them.
- Once participants have written their statements, have them come together as a group.
- Either ask for a volunteer to start or start with yourself. Read out the three statements. Have each participant in

the group guess which statement they think is the "dream wish." Once everyone has voiced their opinion, have the participant reveal the wish statement.

- Go around the group so everyone has an opportunity to share their three statements, and everyone in the group has a chance to guess the dream wish.

DEBRIEF

- Ask the group what this activity was like for them. Was it hard or easy to come up with a dream wish?
- Did they have any strategies to help them guess the wish statement (looked at body language, tone of voice, etc.)
- Did they learn anything new about their fellow participants?
- How did it feel to state a dream wish as if it were true?
- Note that although the group has been together for quite some time, they can learn new things about each other. What does this tell them about people we think we know?
- Note that this little activity shows us that everyone has many stories to tell, and we can always learn more about each other.
- You are never too old to have wishes and dreams that we hope will come true.
- Make a connection about how dream wishes can grow into goals
- Share with participants either as a handout, on a flipchart or a slide

- A dream written down with a date is a goal
 - A goal broken down into steps becomes a plan
 - A plan backed by action makes your dreams come true.
- Remind the group that during In Motion and Momentum, they identify their preferred futures and develop a step-by-step action plan with identified steps to reach their preferred futures.
 - During this module, we will continue working towards achieving our preferred futures and helping each other implement our action plans and reach our goals.



NOTE TO FACILITATOR: This interesting spin off activity to the more traditional Two Truths and a Lie. It often leads to unexpected, revealing results, as people share wishes about their lives.

Some great questions to consider during a debrief:

- Why do you think we did this exercise/activity/ice breaker?
- What did you like most about what we just did?
- What is one thing that you learned today that you didn't know before doing this activity?
- How did you feel while you were.....?
- What did you learn about yourself from participating in this activity?
- What did you learn about someone else by participating in this activity?



ONLINE DELIVERY IDEA:

This activity can proceed as is on video conferencing software. Participants can each reveal their two truths and a dream wish in turn.

10:00 to 10:45

RECURRING ACTIVITY: THE RETURN OF THE MORNING TWISTER CHECK-IN



NOTE TO FACILITATOR: Morning Twister Check-In will be very familiar to participants. Like Momentum, the Morning Check-in should be part of each Momentum+ workshops. This reoccurring activity encourages participants' self-reflection, supports meaningful group involvement, and offers an opportunity to revisit and support the client's action plan. In advance of each Momentum+ workshop day, you will want to ensure that each participant brings a copy of their action plan. They'll want to have it near them to speak to specific steps or actions they have taken, challenges they may be facing, changes they have made, the resources or supports they need and/or have, their successes and/or hopes for the future.

- Note that: "We are going to start Momentum+ with an activity that we are very familiar with and have been doing throughout the program – the morning check-in. We are going to use the same morning check-in tool as with Momentum – aka, the Twister Check-In
- Remind the group of the Morning Twister Check. Each session of Momentum+ offers a chance to explore any

issues participants have related to their lives in general. They can explore how they feel about starting this new module, their thoughts on reconnecting with the group or their reflections on how they are doing with their action plans. It allows participants to explore challenges, issues or problems with their peers.

- Note that for this first Momentum+ workshop, we will use the Check-in to reconnect with each other.
- Remind the group how the activity works and reintroduce the Twister spinner's four colours and what each represents. Post on a flipchart what each colour on the spinner means.



NOTE TO FACILITATOR: Each colour on the spinner represents a different category you can change depending on the daily workshop's focus/theme. Broadly speaking,

- **Red** = challenges/worries
- **Green** = change/learning
- **Yellow** = supports and allies
- **Blue** = blue sky thinking/hopes for the future

You may want to modify the categories represented by the colours to fit better the group's dynamic and/or a given workshop's theme. If you do so, make sure to post on a flipchart what each colour on the spinner represents each time you use this activity.

- For the introduction, explain that today:
 - **Red** = Challenges/concerns/worries that they're carrying into this workshop

- **Green** = a change that they have made since completing Module 2: Momentum that they are excited about
- **Yellow** = some of the supports and allies they've connected with since completing Momentum
- **Blue** = what they hope to get out of Momentum+
- Ask a participant to speak to one of the colours or choose randomly by spinning the spinner. Ask if they are discussing their action plan and preferred future to remind the group of their preferred future goal.
- Ask a participant to speak to one of the colours or choose randomly by spinning the spinner. Ask if they are discussing their action plan and preferred future to remind the group of their preferred future goal.
- Record on a flipchart their responses (one flip chart page per colour). After the initial go-round, invite others to add anything from their experience since Module 2 (Green or Yellow) or to contribute a challenge/concern/worry (Red) or an expectation (Blue) they're bringing to Momentum+.
- Acknowledge the participants' contributions.
- *"Make the point that we have learned how unique and powerful our group is collectively and individually. Highlighting the red circle, acknowledge that we all carry challenges, worries and concerns. This is normal, and we have learned that we can help each other work these through – to resolve them or lessen the burden. Turning to the green circle, note that we're all constantly*

changing, and, as in Modules 1 and 2, this workshop series is about taking charge of the change in our lives so we move in the direction of our identified preferred future. Highlighting the yellow circle, note that this session is about building the support and allies we need to move forward. Look around the room, and you'll see many potential supports and allies. And finally, turning to the blue circle, note those expectations that are within the scope of this module and, if any, are beyond, explore how you might be addressed in other ways."

- Reinforce the shared responsibility in meeting the group's expectations.



ONLINE DELIVERY IDEA:

You can use the “chat to everyone” feature on Zoom to introduce the Twister colour key.

- **Red** = Challenges/concerns/worries that they're carrying into this session
- **Green** = a change that they have made since the beginning of the program that they are excited about
- **Yellow** = some of the supports and allies they've connected with since Momentum
- **Blue** = what they hope to get out of this module

Participants can choose the colour they want by saying the colour or holding up an object that colour for participants to see. You can use the "PickatRandom" site (<http://pickatrandom.com/>). Capture participant responses on the whiteboard or blank PowerPoint slide.

10:45 – 11:00



BREAK

11:00 -12:00

INTRODUCTION TO MOMENTUM+ AND BRAINSTORMING THEMES

PART 1: INTRODUCE MOMENTUM+

- Introduce Module 3: Momentum+ continues where Momentum left off. Here, the focus is on what we need to do to move forward with our action plans and how we can support each other as we walk this path.
- Outline the purpose and goals of Momentum+
 - To provide support, encouragement and motivation to implement our Action Plan and achieve our identified goals
 - To help us maintain and tap into the positive support systems we've created throughout the program and provide us with opportunities to expand our support networks.
 - To provide opportunities to learn about community resources that can support us with the actions we want to take
 - To help us to stay connected and support each other as a group.

- Discuss the schedule of Momentum+. Remind the group that this module's objective is to help them transition to the next steps of their action plan. Discuss with the group their scheduling preferences (2 days a week for 3 weeks or 1 day a week for 6 weeks or another configuration). Let them know that ideally, they would have days in between meetings to work on their action plans independently. Together, the group will need to come to an agreement on the schedule that works for them and the host organization. *"Most important is that together we come up with a meeting plan that supports everyone in the group."*
- List the dates and times for participants on a flipchart and ensure they have a printout of the schedule.
- Let the group know that except for the first (today) and fifth-day workshops, four of the following workshops will be built around a topic or theme that the group will select based on their needs, issues, and challenges related to successfully moving forward in their lives towards their preferred future.
- Workshop 5 (Day 5) will focus on sustaining connections so that we have a plan as a group for maintaining our connection and our alliance.

PART 2: BRAINSTORMING POTENTIAL WORKSHOP TOPIC

- Note that you and the group are going to use until lunchtime -- the next 45 minutes -- to select the four topics/themes for the workshops – Workshops 2, 3, 4, and 6
- Remind the group that they had done this kind of brainstorming and consensus decision-making process

when choosing their Community Project in Momentum (Module 2) and that we will follow a similar approach.

- Ask the group what was essential to make these collective choices and decisions. Look for answers such as:
 - Consider what you need to move forward on your goal
 - Considering the needs and choices of others
 - Making sure everyone is heard
 - Actively listening to each other
 - Come to a decision everyone can agree to or at least feel comfortable with.
- If needed, review some of the rules of brainstorming (e.g., everyone gets heard, there are no wrong suggestions, and comments/considerations are reserved for later).
- Begin by brainstorming some topics or themes with the group. You may want to start by suggesting some yourself. These could be various themes or topics the group has returned to often during Module 1 and 2 or issues/challenges addressed during Morning Check-ins. Here, you will want to call on your knowledge and understanding of the group's needs and interests. Sample topics could include accessing community resources, maintaining motivation, building healthy relationships, and setting boundaries.
- Limit the brainstorming to 5 or so minutes. Ensure everyone has a chance to contribute. Capture all ideas on flipchart paper.

- Once the group has completed their brainstorming list of topics, ask them if any of the themes/topics listed are similar or seem to go together (e.g., wellness topics like nutrition and staying fit, communication topics like dealing with bureaucracy, or conflict resolution strategies could go together). Group these similar themes under one topic. Some topics will stand alone.
- Once you have your list, ask each participant to pick the top 4 themes or topics they want addressed in the upcoming workshops. They can do this by taking turns writing a 1, 2, 3, 4 next to their preferred topics, or you can give each participant 4 post-it notes with the numbers on them and have them place them on each group of topics.
- Identify the top 4 topics by adding up the votes. If there is no clear outcome, decrease the list to those with the most votes and repeat the process.
- Once you have your top 4 topics, ensure everyone agrees with the group selection. Once you have a consensus, write down the 4 topics on a flipchart.

**ONLINE DELIVERY IDEA:**

You can use the whiteboard on Zoom to collect the group's ideas, and you can use the chat function to have participants record their top 4 favourite topics.

PART 3: SCHEDULING YOUR WORKSHOPS

- Divide a flipchart page into six sections. At the top of each section, write Workshop 1, 2, 3, 4, 5, and 6. And the scheduled dates of the workshops.

- Under the header of Workshop 1 write the theme, Reconnecting. Under Workshop 5 write the theme, Sustaining Connection. Note that these workshops already have their themes.

Workshop 1 Theme: Reconnecting	Workshop 2 Date: Theme:	Workshop 3 Date: Theme:
Workshop 4 Date: Theme:	Workshop 5 Date: Theme: Sustaining Connections	Workshop 6 Date: Theme: Final day: Group Lunch Grad Ceremony

- Ask the group to decide which of the themes go where. Remind them that Workshop 6 is their last Momentum+ session, so they will want to leave time to plan for some celebratory activities like a grad ceremony or that they may want to have a group lunch that day.
- Write the selected theme under the appropriate workshop.
- Post this schedule of workshops so everyone can see it. You may also want to use it to post the name of the confirmed speaker for the day or special events like field trips.



NOTE TO FACILITATOR: If important topics do not make the top 4 list consider how you might address a couple of topics during one workshop. If you have a participant with a particular topic that is very important to them, you may wish to link them up with resources, community contacts, or services to help them.

DEBRIEF

- Ask the group how the decision-making process was for them. What are some of the critical skills and attitudes needed when coming to a consensus? What did they and other group members do to make the decision-making process successful?
- Congratulate the group on their consensus decision-making skills. Thank everyone for their ideas, contributions, and work in developing these great topics.



ONLINE DELIVERY IDEA:

You can use the whiteboard on Zoom to post the schedule and move topics around as the group provides feedback

12:00 -1:00



LUNCH

- Note that you'll be breaking for an hour for lunch. Let participants know that they are welcome to stay in the room to eat or head out. If there is still fruit or snacks from the morning, invite participants to help themselves.

- Let participants know that you'll be in the room having your lunch and would welcome their company.



ONLINE DELIVERY IDEA:

Let the participants know that you will be leaving the virtual classroom open during lunch so participants can choose to stay and visit

1:00 to 2:00

ACTIVITY COMMUNITY GUEST SPEAKER

(30 to 45-minute presentation with 15 minutes for questions and answers)



NOTE TO FACILITATOR: Depending on the speaker and the topic you may wish to meet with the group 10 or 15 minutes before the guest speaker presentation to prepare some questions they will want to ask after the presentation.

- Ensure that participants are seated and ready for the presentation
- Introduce the speaker to the group and thank them for coming out and spending time with them.
- After the Guest Speaker's presentation, take about 10- 15 minutes for participants to ask questions.
- Give out the Guest Speaker's contact information if this has been agreed to beforehand.
- Make sure any printed information the speaker has brought is distributed to the group.

- Thank the speaker. You may wish to give them a small gift of appreciation on behalf of the group.



NOTE TO FACILITATOR: During this first day of Momentum+, you will want to have pre-arranged for a guest speaker to present to the group. As the group hasn't yet identified the themes they wish to address during Momentum+, you may want to invite a speaker reflective of the group's needs and interests highlighted during In Motion and Momentum or a speaker that will address a topic related to one of the critical outcomes of the IM&M+ (e.g., self-esteem, resilience, motivation, etc.)

- You may wish to bring in a speaker who reflects the theme of Day 1, Reconnecting. For example, it could be a person that could reconnect them with a vital community resource like a community centre or the public library or a person from a community resource that may have been involved in or benefited from the groups' Community Project from Momentum.
- Ideally, this first guest speaker will be someone who will help participants link to a needed resource or someone willing to be a contact person and offer sustained support. The idea is that this person is someone that participants can connect with and add to their growing network of community contacts.

2:00-2:15

RECONNECTING WITH YOUR POWER BOXES

- We want to continue the flow of contributions to our Power Boxes in all IM&M+ components, including Momentum+.
- Handout an index card to each participant
- Note that, today, we want participants to add to their Power Boxes. Ask everyone to think about a memento or token they will add to it that will remind them of the positive experience of reconnecting with each other and the program today. It can be a quote, a word, a drawing, a symbol.
- Give participants a few minutes to think of something they want to put in their Power Box.
- Let the group know they are invited to create a gift they want for each member's Power Box and bring when next we meet. Something that reflects who the person is and **why you appreciate being connected to them**. Remind that the gift should not cost money.



NOTE TO FACILITATOR: Before this session, make sure that everyone still has their power box and ask them to bring it to the first day. They can bring them back and forth between Momentum+ sessions, but it might be more convenient to keep their box in the meeting room during this module.

- You may also want to think about an item that you want to put in each participants' Power Box during this first workshop that is connected to the theme of

connection/reconnection. It may be one of the quotes above, a small token or an image.

- Here's an example of an image of connection that could be printed and placed in everyone's Power Box.



2:15-2:30

END OF DAY CLOSURE

- Thank each participant for their contributions today, noting that everyone is giving themselves a gift by being here. They're also giving each other gifts by collaborating, problem-solving and supporting each other.
- Tell participants you're looking forward to seeing them when you meet next. Remind them of the date. Recall that the room will be open by 8:30 am for the morning routine, and the session begins formally at 9:00 a.m.



WORKSHOPS FOR DAYS 2, 3, 4 AND 6

WORKSHOPS FOR DAYS 2, 3, 4 AND 6

PARTICIPANT GENERATED THEMES

Follow the following format in planning your day.

MOMENTUM+ DAY SET-UP

8:30 to 9:00	MORNING ROUTINE (RECURRING ACTIVITY) • This is the same welcoming routine participant experience in In Motion and Momentum. It allows them to have a coffee/tea, enjoy fruit or another snack, relax, and settle in for a good day. • Ensure that both you and the room (physical or virtual) are ready to welcome participants by 8:30 am. or a half-hour before your scheduled start time.
9:00 to 9:45	WELCOME/ICE BREAKER • Invite participants to get together as a group, • Connect with each participant and welcome them to the day • May wish to review the main theme(s) and schedule for the day • Introduce a fun Ice Breaker related to the day's theme <i>Note: On the Community of Practice portal (https://inmotionandmomentum.mn.co) IM&M++ Facilitators will be invited to post and exchange some of their favourite ice breakers. Search for icebreakers.</i>
9:45 to 10:30	MORNING CHECK-IN - TWISTER (RECURRING ACTIVITY) • This is the same activity that was part of the Morning Routine during Momentum • Its purpose is to have a daily check-in with each participant early in the day and have the group

	connect. It is a time to acknowledge and help each other resolve challenges, share support or resources, and congratulate someone who has learned something new and share dreams and hopes for the future. The check-in provides an opportunity to build and strengthen peer support. <i>Note: This activity encourages self-reflection and meaningful collective involvement. The Morning Check-In also represents an opportunity to introduce and discuss the theme of the day or to revisit the participant's action plan (e.g., the challenges or barriers in taking the next step, what they have learned as they implemented their Action Plan, or what resource or supports they have/need, and their success).</i>
10:30 to 10:45	BREAK
10:45 to 12:00	WORKSHOP ACTIVITY, MINI PRESENTATION This activity or presentation should reflect the topic of the day. This activity will change from workshop to workshop and is an opportunity to provide participants with new content and new learning. It can be an experiential small group activity, or you might show a relevant video or read a related article followed by a group discussion, etc. <i>Note: If you are looking for themed activities or ideas for presentation, we have listed some by theme in the Community of Practice portal (https://inmotionandmomentum.mn.co) to post and exchange activities or themed presentations with your fellow facilitators.</i>
12:00 to 1:00	LUNCH <i>Note that you'll be breaking for an hour. Participants are welcome to stay in the room to eat or head out. If there</i>

	<i>is still fruit or snacks from the morning, invite participants to help themselves.</i> Note: You may want to arrange for a group lunch during Workshop 6 on the last day of the program
1:00 to 2:00	GUEST SPEAKER • The purpose of this activity aims to link participants to community resources and contacts relevant to their identified needs/interests. • The speaker may speak to the day's topic or represent a community service connected to the day's topic. • The hope is that the speaker will act as a contact person for group members and assist participants in linking directly with a supporting community service/resource during and after the program. <i>Note: Guest speakers can present face-to-face or virtually. You may want to spend some time with participants before the presentation to formulate some questions they might have for the speaker and then leave time (@15 min.) at the end of the presentation for a question-and-answer session.</i>
2:00 to 2:15	POWER BOX (RECURRING ACTIVITY) • This is an activity that participants will be familiar with from both In Motion and Momentum. • The purpose of the Power Box is to hold items/reminders (pictures, symbols, poems, images, quotes, etc.) that participants want to carry with them as they move forward towards their goals • For the Momentum+ workshops you may want the Power Box items/ reminders to be connected to the day's theme • As the workshops progress, you can include the idea of creating gifts for other participants' power boxes with

	a final Exchanging Power Box Wishes activity for the last Workshop. <i>Note: You will want to ensure that all participants still have Power Boxes available.</i>
2:15 to 3:00	WRAP UP • Remind the group of the date of the next session • Have a brief go-around in the group to discuss what one thing participants hope to accomplish or do between our next meeting.





KEY THEME OF WORKSHOP 5 – SUSTAINING AND ACTIVATING OUR CONNECTIONS:

- Sustaining and Activating Our Connections:
- With our preferred future and action plan
- With each other

WORKSHOP 5



NOTE TO FACILITATOR: Workshop 5 has been developed around the theme of Sustaining Connection. It is the next to last Momentum+ workshop. Broaching this theme at this time has been strategic and informed by IM&M+ groups that have gone before. We know that endings can be difficult and emotional, especially for a group that has experienced and shared so much collectively. Workshop 5 is a time for participants to acknowledge that the program is ending, and it could mean some goodbyes. But, importantly, it can also mean positive planning for IM&M+ transition by developing a way to sustain the positive connections they have created in the group and to use these connections to help maintain their engagement and motivation as they continue working towards their goals after the program ends. By addressing these issues starting in Workshop 5, the final workshop (Workshop 6) can be focussed on the next steps and the celebration of achievements.

Because of the personal and intense nature of Workshop 5 activities, we have modified the daily schedule to give participants space and time to do the activities. We have also allotted time to plan and prepare for Workshop 6's closing

celebration and graduation activities at the end of the day. As a result, the workshop does not have a guest speak section like the others.

- Facilitators, please note that we have developed two options for the **Sustaining and Activating Our Connections Activity**. The first option asks participants to create a collaborative strategy for sustaining their connection as a group. The second option invites participants to develop a personal plan for sustaining relationships with key people (allies) they feel will help them implement their action plan and achieve their preferred future.
- Based on your group's knowledge, choose the activity that is most reflective of the needs and realities of the participants in the group. For example, your group may have already planned for and are regularly doing group activities outside of program time, so there isn't a need to focus on maintaining connection after the program's end. Or, there may be members of the group who would prefer an individualized approach to selecting and sustaining relationships after leaving the program. In these cases, you might want to choose the second activity option.

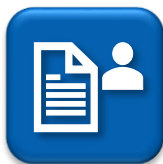
8:30 – 9:00 am

MORNING ROUTINE

- Make sure you and the room are ready to welcome participants by 8:30 a.m. Choose quotes to put up on the wall and make the room as warm, relaxed, and

inviting as possible. Make sure tea, coffee, fruit, and other snacks are out and ready. Participants can pick up various reading materials at different reading levels (books, magazines, short graphic novels) if they want.

- Have quotes of the day posted either on flipchart or whiteboard
- Welcome participants as they arrive. Greet participants by name and invite them to help themselves to coffee/tea and a snack. Note that they're welcome to read or relax and visit.
- Each day will begin with this routine so they have time to eat, catch up on everyone's news, and settle in for a good day.



NOTE TO FACILITATOR: Some possible quotes of the day related to the theme of sustaining connection.

- "When "I" is replaced with "we" even illness becomes wellness." Malcom X
- "The more complex the network is, the more complex its pattern of interconnections, the more resilient it will be." Fritjof Capra
- "Connecting to another is one of the most important things in the world and you can keep expanding that connection - one person, a family, a community, a country, a society, a culture." Eric Fischl
- "No distance of place or lapse of time can lessen the friendship of those who are thoroughly persuaded of each other's worth." Robert Southey

- Staying connected and getting reconnected feeds the flow of goodness, which empowers our humanity."
Susan C. Young
- "To express yourself through art is to connect with your soul." Unknown

9:00 to 10:00

RECURRING ACTIVITY: WELCOME MORNING CHECK-IN: TWISTER



NOTE TO FACILITATOR: This reoccurring activity encourages participants' self-reflection and supports meaningful group involvement. During this morning's Check-In, the focus will be on "where people are at" now and as they consider what they need during the last session of the program. It can also offer an opportunity to revisit and support their action plan. You will want to ensure that each participant has a copy of their action plan with them so they can speak to specific steps or actions they have taken, challenges they may be facing, changes they have made, the resources or supports they need or have, and their successes and hopes for the future.



WELCOME

- Welcome each participant to the day. You may wish to review the day's theme and schedule before beginning the session.

MORNING CHECK-IN

- Note that: *"We are going to start today a bit differently. We will begin the workshop with the Morning Check-In and then move to the ice breaker activities."*
- Remind the group that the Morning Twister Check-In is a chance for each session to explore any issues participants have related to their lives or their action plan/preferred future. It provides us with a space for challenges, issues, or problems to be worked out together.
- Ask if anyone is feeling distracted by a challenge, and if they would like to see if the group could help them move maybe one step closer to resolving it.
- Reinforce the importance of hearing ideas, even if you don't feel like they're the right solution for you, and the importance of sharing our best to help each individual and the group move forward.
- Once the group has brainstormed ideas, summarize the options identified.
- Emphasize that for ANY situation. There are always choices.
- Some actions may help, while others may keep you stuck or even make the situation worse. But there are always actions that can move you one step closer to where you want to be. This group is a great support and has helped one another find those choices and actions.

- Reinforce also that, having worked through many issues and challenges collectively, each participant can now resolve issues themselves as they arise in the future. Take time to review some of the main strategies used to promote solution-based thinking and actions and emphasize how skilled participants are now in problem-solving and positively working through issues/challenges.
- If nobody has an issue or is willing to share, move forward with a Mental Twister round.
- Let participants know that today, we will be looking at what supports us as we enter the last workshop of the IM&M+ program and prepare to transition out of the program. As such, for today, the Mental Twister colours represent:
 - **Red** = the challenges/worries about taking next steps/ end of the program
 - **Green** = the strategies that they will use to sustaining their motivation and support networks
 - **Yellow** = the supports and allies they will sustain and grow that will encourage them to keep moving forward
 - **Blue** = what they hope for themselves and/or the group as they move forward from the program
- Post on a flipchart the questions for each colour on the spinner.

- Invite participants to either speak to one of the colours or spin the spinner to choose randomly.
- After the go-around, acknowledge the participants' contributions and invite reflective comments as appropriate.
- Make the point that we have learned how unique and powerful our group is collectively and individually. Highlighting the red flipchart, acknowledge that we all carry challenges, worries and concerns as we make this transition out of the program and toward our future. Note that transition or change, no matter if it is positive or negative, usually begins with an ending or a letting go as we leave something behind and move towards something new. Acknowledge that endings are challenging. They can make us feel sad, anxious and stressed. Ask the group to think about when they transitioned into the program and how they felt as they left their old routines behind for something completely new. How did they feel?
- Note that feelings of doubt and loss are normal when letting go, and as a group, we have learned that we can help and support each other to work these through. Turning to the green flipchart, note that we're all constantly changing, and through the IM&M program, we have built strategies to take charge of the change in our lives so we move in the direction of our identified preferred future. Note that one of our strategies has been to tap into our group support network. On the green flipchart,

highlight the group's strategy to sustain that network.

- Addressing the yellow flipchart, note that we have built a strong network of supporters and allies and need to move forward. Look around the room, and you'll see many supports and allies that you carry with you today and want to continue to take with you now and in the future.
- Finally, for the blue flipchart, note your hopes and expectations for yourself and the group. Take a moment to visualize one hope you have for yourself and one for each group member. As we have explored throughout IM&M+, visualizations are powerful conceptions of the ways we want to live and now have developed a plan for doing so.



ONLINE DELIVERY IDEA:

You can use the "chat to everyone" feature on Zoom to introduce the Twister colour key.

- **Red** = the challenges/worries about taking next steps/ end of the program
- **Green** = the strategies that they will use to sustaining their motivation and support networks as they transition from the program
- **Yellow** = the supports and allies they will sustain and grow that will encourage them to keep moving forward
- **Blue** = what they hope for themselves and/or the group as they move forward from the program

Participants can say their chosen colour, or they can hold up an object of that colour. You could also have a colour wheel on a shared whiteboard and have participants check-off the colour they want to speak to using the annotate feature. Those who want to choose randomly can use the "PickAtRandom" tool (<http://pickatrandom.com/Capture> participant responses on the whiteboard or blank PowerPoint slide.

10:00 – 11:00



ICEBREAKER: CREATING A QUILT OF BELONGING

PURPOSE

- Participants reflect on, identify and visually express what they have learned about themselves throughout IM&M+
- Demonstrate how all the group members bring something unique to the group and yet all stand together as one group. (the power of the group as a function of all the faculties of all the participants)
- Explore the concept of group synergy: how each person's contributions in the group can result in a whole more significant than the sum of its parts.



MATERIALS

4 to 6 inch squares of different colour fabrics or sturdy construction paper, scissors, coloured markers, glue, tape, glitter, crayons, old magazines for pictures, pipe cleaners,

bits of cloth, beads, ribbon, whatever crafty thing you have to work with.

PART 1: INDIVIDUAL

- Let the group know they will collectively make a "quilt" by designing one or two quilt squares.
- Have each participant select one or two of the squares. Give the group access to the art/craft supplies and tell them they will create at least one quilt square.
- Ask them to decorate the square(s) to represent an aspect of who they are today due to what they learned about themselves in the IM&M+ program. For example, a square can mean any of the following:
 - my strengths and skills
 - what makes me resilient
 - what motivates me (keeps me moving forward)
 - what others like/admire/ appreciate about me
 - my growing sense of self-esteem
 - my vision and hope for my future
- Put the activity instructions and potential subjects of each square on a flipchart
- Participants can create their quilt squares using pictures, photos, drawings, symbols, icons, and words glued on bits and pieces of fabric/paper. Squares can be mosaics, collages, poems, or

symbols. Encourage them to let their creativity run wild.

- Let the group know they can do more than one square. For example, if they have the time, they can do two, each representing a different suggested element of themselves. Ask them to put their name or initials on the back of each completed square.
- Give the group about 25 minutes to start working on their squares.



NOTE TO FACILITATOR: Depending on your group's size, you may want participants to make more than one square during this activity. If you have a smaller group, use larger squares (6 inch) and ask the participants to make two squares. You want to ensure enough squares to start a large enough quilt that has a visual impact.

PART 2: IN PLENARY (25 MIN.)

- At the end of 25 minutes, ask for a volunteer willing to show the rest of the group their square and describe what it represents. Continue giving anyone who wants a chance to present their quilt square.
- Using a large piece of cardboard laid out on the floor (3 to 4 feet square) asks the group to bring up their squares and arrange them randomly on the cardboard. You can affix the squares to the cardboard using either duct tape on the back or staples.

- Once all the completed squares are attached firmly, you can display the start of their quilt.



NOTE TO FACILITATOR: To protect the squares from fading or moisture, you may want to spray them with an art-quality fixative.

- Tell the group not to worry if they haven't completed their squares. Let them know they have time between now and the last workshop to make their quilt squares. They can work on them at home and bring them with them to the next session or, if possible, drop off their completed squares at your office. Let the group know they can take some materials home to help them complete their squares.
- Let them know that the quilt is a work in progress they can complete together in the next session. As they complete their squares, they can attach them to the quilt.

DEBRIEF: IN PLENARY (10 MIN.)

- Ask them how they felt about this activity. What do they think this activity's purpose is other than just having fun and being creative?
- What did they learn about themselves doing this activity?
- Why do they think this activity is called the Quilt of Belonging?
- How do they think this activity relates to today's sustaining connection theme?

- Note that a principle in philosophy (Aristotle) says, "the whole is **greater** than the sum of its parts." Psychologists apply this principle to group dynamics. You may have heard the word synergy. It means that a group's combined power **is greater than the total power achieved by each person working separately.**
- Suggest that our quilt is an excellent example of synergy. How the individual squares combined effect (their synergy) is more significant and more considerable together than separate. Ask the group if they agree.
- Ask the group for some examples of when, during IM&M+ the group demonstrated synergy (e.g. the Community Project, the Maze, the Stepping Stone Collage, the Morning Check-Ins)
- Note that each of us has brought something unique to this group. Whether you call it synergy, teamwork, or something else, something special happens when we work as a team to support one another.
- Link this idea to our Morning Check-In and how this activity has brought the group together, and we can tap into that special connection and synergy as we move forward beyond IM&M+ in a variety of ways.
- Tell the group that after the break, we will develop some concrete strategies and actions we can take to sustain connections as a group and/or with important allies in our networks. This group and our network will support us in the next phase of our

journey, and making a conscious effort to maintain that connection will ensure that they will be there for us when we need them.

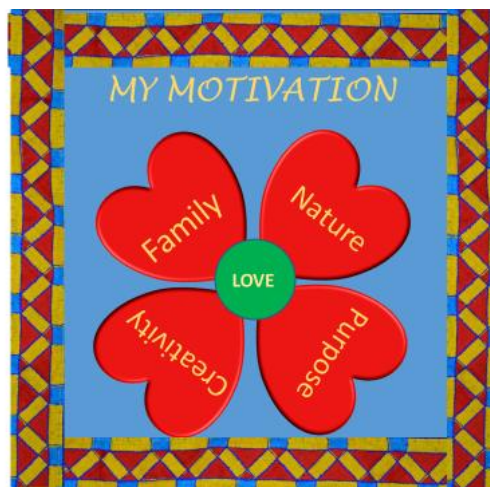
- Tell the group that you will take a picture of the quilt at the celebration ceremony at the final workshop and send/give them a copy as a reminder of this group's power to support change and development in each member's life.



ONLINE DELIVERY IDEA:

The quilt squares can be made using a variety of online tools. Participants can also create a square the same way as in the face-to-face version of this activity, take a picture of it, and send it to you via the Zoom chat function (they can attach a file there) or email it to you. That way, you can bring each photo into a Google Doc or Word file and "piece them together" to make the quilt. You can email the final product to the participants.

A sample of a quilt square made on a PowerPoint slide:



11:00-11:15



BREAK

11:15 – 12:00

SUSTAINING AND ACTIVATING OUR CONNECTIONS (OPTION ONE – GROUP PLAN)

Purpose

- Explore what is needed to sustain positive and supportive connections with others
- To identify specific and realistic ways the group will sustain their connection with each other
- To create a mutually agreed action plan for connecting as a group after the program



ONLINE DELIVERY IDEA:

The following activity can be done using a videoconferencing tool like Zoom. You can use the whiteboard to capture all flip charted references, the breakout rooms can be used for the small group work, the action plan template can be put on PowerPoint, and the share screen function can be used to add to it collectively.

PART 1: IN PLENARY - BUILDING VS SUSTAINING
MEANINGFUL CONNECTION (20 MINUTES)

- Prepare a flipchart divided in half lengthwise. At the top of the first column, write "Building Positive Connections."
- Begin by acknowledging that each participant has worked and contributed to forming positive connections (relationships) in the group. Building a positive, meaningful connection with another takes intention, skill, and effort. Ask the group what skills and attitudes are fundamental to building positive connections with people. Some possible answers might be:
 - Being friendly
 - Cooperation
 - Good communication skills
 - Asking questions – being curious about the other person
 - Listening
 - Being supportive
 - Being non-judgmental
 - Accepting people for who they are
 - Being persistent
 - Being open about yourself - sharing
 - Doing things together
 - Making people feel like they matter
 - Being respectful
 - Being honest

- Thank the group for their input. Their answers demonstrate that they know what is needed to create meaningful, supportive connections with others because they have been doing it and demonstrating it throughout their lives and during IM&M+
- Point out that they have all the skills and attitudes they just described to develop connections with the group, and the next step is to sustain these connections after the program ends.
- Ask the group what is required to sustain connections moving forward.
- On a flipchart, write Sustaining Positive Connection at the top of the second column and capture responses. Many of the answers in the first column may be the same, and some may differ. Responses might be:
 - Scheduling time to do things together
 - Making time for each other
 - Checking in with each other regularly
 - Volunteering to help each other out
 - Being persistent in following up even when you don't get a response
 - Being intentional about communicating with each other regularly
 - Being available
 - Extending yourself
 - Having each other's back (being loyal)
 - Showing appreciation
 - Having fun together

- Note that some elements of building and sustaining connections are the same, and some differ. Ask the group why sustaining connections is different from developing connections. Highlight the ones that they think are new. What is unique about these?
- Ask if they can draw any conclusions about sustaining connection. Suggest that what might be new is the need for additional effort and intention to make time and extend ourselves a bit more.
- Note that positive, supportive connections they have built during IM&M+, like any network or friendship, must be cared for to keep it alive and healthy. Note that we have already begun to talk about how we might do this (Morning-Check-In)

PART 2: CREATING A GOAL STATEMENT (10-15 MINUTES)

- Part of creating an intention to sustain connection is agreeing on a goal.
- Some groups will want to have many points of connection after the program, while others may want fewer. Both levels of involvement are perfectly acceptable.
- Put the following statement on a flipchart: **We want to sustain our positive, supportive connections with each other after Momentum+ ends**
- Tell the group that this is a starting goal statement. From the work they did on their goal statements, they will recognize that it isn't quite a SMART goal yet.

- As a starting goal statement, ask the group if there is consensus among the group that there is a desire to stay connected – we'll discuss the specifics/" the how" in a moment. For now, let's see if we can agree that, in some way, we'd like to stay connected with each other.

PART 3: SMALL GROUP - GENERATING IDEAS FOR SUSTAINING CONNECTION (20-25 MINUTES)



MATERIALS:

Flipchart paper and markers



NOTE TO FACILITATOR: If your Momentum+ group is small, you may wish to do this in plenary.

- Divide the group into smaller groups of 3 or 4
- Distribute flipchart paper and markers to each group
- Ask each group to brainstorm ideas for staying connected after Momentum+ has ended. To help kickstart their thinking, ask them to consider answering this statement: **If we want to sustain our connection as a group after the program, we could...**
- Refer them to their list of what is needed to sustain connections. Note that we want our ideas and options to be specific, realistic, and doable for everyone, as well as to have a timeframe (aka SMART

goals!). Encourage them to think about virtual and face-to-face ideas/activities/events.

- Ask the group to decide, by consensus, on their two favourite options and be prepared to present their idea(s) to the group
- Let the groups know they have until lunchtime to develop their ideas.

12:00 to 1:00



LUNCH

1:00 to 1:45

SUSTAINING AND ACTIVATING OUR CONNECTIONS (CONTINUED)

PART 4: SELECTING OUR SUSTAINING CONNECTION

ACTIVITIES (10-15 MINUTES)

- Have each group present their ideas for how the whole group can sustain their connections. Use an additive process to take up the ideas. Capture their ideas on a flipchart. Invite the groups to say if they have a similar idea. Put a checkmark beside those ideas.
- Once all ideas are listed, note those that had checkmarks.
- Go through each option/activity with the group to ensure it is specific, has a timeframe, and is doable for all. For example, if a group suggests doing a 15-minute

videoconference (e.g., Zoom or Google Hangout) once a week, ensure everyone has access to the tools they need to participate (e.g., smartphone, internet, Zoom). If not, problem-solve how to adapt the idea so everyone can participate.

- Once you have your list of favourites with details about how they can work, have the participants indicate (with a show of hands) which ideas they feel they can commit to participating in. Once you know which ideas can include everyone, ask participants to vote on their top two favourites. Circle the top two ideas that have the most votes. Do a final check-in with the group, asking if they are comfortable starting with these two ideas to sustain their connection. If anyone feels strongly opposed, talk to the group about changing up an idea, so that participant(s) feel committed to at least one of the ideas to sustain connection moving forward.



NOTE TO FACILITATOR: In their enthusiasm to stay connected, the group may want to do more than two connecting activities after leaving the program. Make sure they understand the time commitment and effort required. You want to ensure that they can successfully implement and follow through on these activities over a while.

PART 5: ACTIVATING OUR CONNECTIONS (30- 40 MINUTES)

- Let the group know they have an action plan's beginnings. They have a starting goal statement (e.g., sustaining our connection) and two action steps (e.g. their favourite ways to connect).

- Say: ***Now, it's time to begin making the goal statement SMART.***
 - Go back to the flipchart where you wrote the starting goal statement: ***We want to sustain our positive, supportive connections with each other after Momentum+ ends.***
- Ask them to do the SMART test (i.e., Is it specific, measurable, achievable, realistic and timely?). What more needs to be added to make it SMART? Ask the group for ideas, given the desired action steps, to make it SMART.
- Rewrite the revised goal statement on the flipchart.
- Underneath the statement, draw a blank Action Plan form (see below for an example) and invite the group to fill it out.
- With the group, go through each of the two agreed upon activities and placed them under the "steps" category on the chart. Then, have the group identify:
 - the resources needed (time, phone, babysitter, computer, whatever)
 - the person or people who will be the contact person(s) (remind people, follow up if someone doesn't show etc.)
 - challenges people might meet and problem-solve around them,
 - what the rewards and benefits of each activity and timeframe for each of the activities.
- Once the action plan is finished, congratulate everyone on their contributions and hard work. Let the group

know you will ensure everyone has a copy of the Sustaining Connection Action Plan. You will send everyone a copy via email and distribute copies during the next workshop.

- Next, ask the group to consider how these activities or action steps for staying connected might link to their action plan and benefit them as they work towards their personal goals and preferred future. (Look for responses such as: Use these times together to help keep each other motivated, use times together to check in to ask how their action plan is going, use times together to ask/give for support, etc.)
- Once you have discussed these possibilities with the group, you can suggest that they incorporate these sustaining connection activities as steps in their action plan.



NOTE TO FACILITATOR: You will want to make sure, with the permission of participants, that all the participants have a group contact sheet with each other's updated phone numbers and email addresses.

- Example of the flip charted Action Plan Form

Goal: We want to sustain our positive, supportive connections with each other after Momentum+ ends.					
Action Steps	Resources	Who (initiates and remind others)	Challenges	Rewards	Time Frame
EX: Meet weekly for 15 minutes over Zoom for a coffee break	Access to the internet, access to Zoom, computer or smartphone, time, someone to look after kids, a quiet space Everyone's email address and phone number	Sally – set up Zoom meetings Jane: contact person if you can't make it Joe – follow up if someone doesn't show	No one to look after the kids has another appointment, etc.	See everyone and discuss what is happening in my week, how I am doing with my personal action plan, etc....	Every Thursday from 11 to 11:15 am starting (date)

11:15 – 12:00

SUSTAINING AND ACTIVATING OUR CONNECTIONS (OPTION TWO – INDIVIDUAL PLAN)

Purpose

- Explore what is needed to sustain a positive and supportive connection with others
- To identify specific and realistic ways each participant will sustain their connection with key support people (allies)
- To create an action plan for connecting with two key support people after the program
- Online Delivery Ideas: The following activity can be done using a videoconferencing tool like Zoom. You can use the whiteboard to capture all flip charted references, and the action plan template can be put on PowerPoint, along with the share screen function. You can distribute a copy of the Action plan to each participant through the chat function.

PART 1: IN PLENARY - BUILDING VS SUSTAINING MEANINGFUL CONNECTION (20 MINUTES)

- Prepare a flipchart divided in half lengthwise. At the top of the first column write "Building Positive Connections"
- Begin by acknowledging that each participant has worked and contributed to forming positive connections (relationships) in the group. Note that building a positive, meaningful connection with another takes intention,

skill, and effort. Ask the group what skills and attitudes they think are fundamental to making positive connections with people. Answers could include:

- Being friendly
 - Cooperation
 - Good communication skills
 - Asking questions – being curious about the other person
 - Listening
 - Being supportive
 - Being non-judgmental
 - Accepting people for who they are
 - Being persistent
 - Being open about yourself - sharing
 - Doing things together
 - Making people feel like they matter
 - Being respectful
 - Being honest
- Thank the group for their input. Their answers demonstrate that they know what is needed to create meaningful, supportive connections with others because they have been doing it and demonstrating it throughout their lives and during IM&M+
 - Point out that they have all the skills and attitudes they just described to develop connections with the group and now the next step moving forward is to sustain these connections after the program ends.
 - Ask the group what they think is required to sustain connections moving forward.

- On a flipchart, write Sustaining Positive Connection at the top of the second column and capture flipchart responses. Many of the answers in the first column may be the same, and some may be different. Responses might be:
 - Scheduling time to do things together
 - Making time for each other
 - Checking in with each other regularly
 - Volunteering to help each other out
 - Being persistent in following up even when you don't get a response
 - Being intentional about communicating with each other regularly
 - Being available
 - Extending yourself
 - Having each other's back (being loyal)
 - Showing appreciation
 - Having fun together
- Note that some of the elements of building and sustaining connections are the same, and some are different. Ask the group what about sustaining connection is different from developing connection? Highlight the ones that they think are new. What is unique about these?
- Ask if they can draw any conclusions about sustaining connection? Suggest that what might be new is the need for additional effort and intention to make time and to extend ourselves a bit more.
- Note that positive, supportive connections they have built during IM&M+, like any network or friendship, need

care to keep the relationship alive and healthy. Note that we have already begun to talk about how we might do this (Morning-Check-In)

- We are now going to take some time to develop individual plans for how to make this happen.

PART 2: CREATING A GOAL STATEMENT (10 MINUTES)

- Ask the group to think about two people they want to stay connected to after the program. Say: "These could be people you would consider allies and support them as they progress toward achieving their goals and preferred future. It could be someone who encourages you and helps you stay motivated. It could be someone willing to listen and help problem-solve around difficult challenges. It could be someone willing to babysit or someone who can connect you to a needed community resource. It could be a person in the group, your referring support worker, a community contact person you met during the program or a special friend."
- Remind the participants of the Circle of Allies activity they did during Week Two of In Motion
- Ask each group member to identify and write down the names of at least two people they want to sustain a connection with after the program.
- Note that part of creating intention means having a plan. The first step in creating a plan is to start with a goal.
- Put the following statement on a flipchart: **I want to sustain my positive, supportive connections with (names of people) after Momentum+ ends**

- Tell the group that this is a starting goal statement. They will recognize from their work on their goal statements that it isn't quite a SMART goal yet.
- Note that this is your starting goal statement; we'll discuss the specifics/" the how" in a moment.

PART 3: INDIVIDUAL ACTIVITY - GENERATING AND SELECTING OUR BEST OPTIONS FOR SUSTAINING CONNECTION (15-20 MINUTES)



MATERIALS:

Paper for participants

- Make sure participants have paper and pen
- Note that you want to develop some ideas or options on how they might achieve their goal to stay connected with their selected allies after Momentum+ has ended. Note that they are going to start with one ally first
- To help kickstart their thinking, ask them to consider answering this statement (on flipchart): ***If I want to sustain my connection with (name of identified ally) after the program, I could...***
- You could make up an example, use your own or you could ask the group if there is a volunteer who wants to come up with an option using the statement ***If I want to sustain my connection with (name of identified allies) after the program, I could... Example: Phone them up and ask if we could meet for coffee. Ask them if they would be willing to be my contact person. Ask them to go for a walk with me once a week.***

- Refer them to their list of what is needed to sustain connections. Note that we want our ideas and options to be specific, realistic, and doable for those involved and have a timeframe (aka SMART goals!). They should be appropriate as well for the people they have selected. Options for an encouraging friend may differ from those for a community contact person. Encourage them to think about both virtual and face-to-face ideas/activities/events.
- Ask each individual to come up with at least three options for the first ally they have selected.
- Once they have their three options, select and prioritize them by answering this statement ...***The best option for me right now is***
- Note that you are not rejecting the other ideas; instead, you prioritize the option you feel is doable, realistic, and can commit to right now.
- Let the groups know they have until lunchtime to generate their options for one ally and then select the best choice for them right now.
- Make sure everyone understands what they are being asked to do
- Let the participants know that you are there to help if anyone gets stuck or has questions

12:00 to 1:00



LUNCH

1:00 to 1:45

SUSTAINING AND ACTIVATING OUR CONNECTIONS (CONTINUED)

PART 4: GENERATING AND SELECTING OUR BEST OPTION FOR SUSTAINING AND ACTIVATING CONNECTIONS (15 -20 MINUTES)

- Ask the group to repeat the generating and prioritizing for their second identified ally.
- Come up with three options and then select the one that is best for them
- Review the statements for generating and selecting options
- ***If I want to sustain my connection with (name of identified allies) after the program, I could...***
- ***The best option for me right now is***

PART 5: ACTIVATING OUR CONNECTIONS (30 MINUTES)



MATERIALS:

Copy of Action Plan

- Distribute a copy of the Action Plan to each participant
- Let the group know that they have the beginnings of an action plan for sustaining connections. They have a starting goal statement (e.g., sustaining their connection with allies) and two options
- Say: *Now, it's time to check if their goal statement is SMART.*

- Ask them to do the SMART test with their goal statement (i.e., Is it specific, measurable, achievable, realistic and timely?).
- Use your own or ask for a volunteer who wants to share their goal statement – ask the group if anything is needed to make it SMART.
- Ask the participants to revise their goal statement as needed – write the Goal Statement on their Action Plan.
- Have a copy of an action plan on a flipchart - Underneath the statement, draw a blank Action Plan form (see example below).
- Demonstrate working through the action plan by using the example in the sample action plan below or ask for a volunteer who has a prioritized option.
- Note: Some activity statements will require additional smaller steps to complete.
- If working with a volunteer, on your own action plan or using the example below, invite the group to consider:
 - The first step
 - The resources needed (e.g., time, phone, computer)
 - Challenges might and way to work around them
 - The rewards and benefits of the activity and the timeframe for each of the activities.
- Emphasize that they need to think through the challenges and how they might deal with them
- Ask the participants to work on their action plans. Let them know you are there to help.

- Once the participants finish the action plan, congratulate everyone on their contributions and hard work.
- Next, ask the group to consider how these activities or action steps for staying connected might link to their larger preferred future action plan that they have been working on since Momentum. How will these actions benefit them as they work towards their goals and preferred future?
- Once you have discussed this, give them time to reflect on their personal action plan and invite them to add the sustaining connection activities.
- Example of a flip-chart Action Plan Form

Goal: I want to sustain my positive, supportive connections with Jane, a community contact once a month after Momentum+ ends.					
• Option: Meet monthly with Jane, the mental health worker from the Community health clinic.					
Action Steps	Resources	Who (does what)	Challenges and possible solutions	Rewards	Time Frame-who does what when
EX: E-mail Jane from Community Health and ask for a monthly appointment	Jane's email address, a computer, the internet, my email address	I will send out the email	Jane doesn't answer Solutions – Phone Jane, send a second email with a delivery receipt option, call the organization, and get Jane's contact info. Jane is not available monthly	Find out what resources are available to me and discuss ideas on how best to care for my	I will email Jane the day after the program ends first thing in the morning to make an appointment.

			Solutions – Ask how often you could meet with Jane or if there is another person available	mental wellness.	I will follow up if needed two days later
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1:45 to 2:15

PLANNING WORKSHOP 6: GRADUATION, CELEBRATION, POWERBOX WISHES



MATERIALS:

Index cards.

- If you have not already done so use this time to plan some celebratory and graduation activities for Workshop 6. This is the final day of Momentum+ and the completion of the entire IM&M program.
- Remind the group that there will be a group lunch and a celebration during the final Workshop 6 workshop. Decide as a group when and how these celebration activities will take place. Schedule time for each of the events:
 - Group Lunch
 - Rewarding of Certificates
 - Exchanging of Power Box Wishes
- Also, decide if they want friends and families to join them during the group lunch and/or the celebration

ceremony. Make sure of times of events so guests know when to come.

- Remind the group to bring their power boxes for the final workshop and have "a power box wish" for each group member. Give each participant enough index cards to write their wish for each group member. Invite them to think of what might motivate and inspire them to the next step of their journey. Ask them to bring the index cards and/or a token or small "gift" for each group member. Remind them that these gifts should not cost money but should be something like a quote, poem, picture, or drawing.



NOTE TO FACILITATOR: Your group may decide they want friends and families to join in both the group lunch and the celebration ceremony. **You may also wish to invite participants' referring support workers or other members of your organization.** This is fine; however, there are maybe limited resources to cover the cost of extending the group lunch. One way to do this is to organize a potluck. The group may want to explore partnering with the community (a local service group or business, a church group, a local college culinary program, etc.).

Facilitators: Consider the following for Workshop 6:

- Completing the Quilt of Belonging
- Decorating the room with banners, streamers, etc.
- Prepare certificates of successful completion and plan for a ceremony to present them

- Prepare a small token or wish for each participants Power Box
- Prepare in advance your thoughts, so you are ready to say something unique and personal to each participant
- Give space for participants to talk about what they have achieved
- Taking a class photo and photos of the graduation and celebration ceremony
- Be sure everyone is engaged in important and visible roles and receive as much positive feedback as others

As facilitators, we need to be sensitive to this shift and make sure that participants know that the group participants and others in their network (e.g., their referring support worker, mentor, Elder, family member, friend) will help them in this transition. An individual meeting for each group member should be set up for the following week after Momentum+. Meet with each group member to discuss who they want at this meeting. It should include people that they know will support them in the transition. Let them know that you will be available to be part of that meeting. You must ensure that the meeting has been scheduled before the end of this module (Momentum+).

2:15 -2:30

POWER BOXES AND CLOSE OF THE DAY

- Acknowledge all the work that participants did today.
 - Begin to plan for their transition from the program and their next steps forward
 - Reflecting on and expressing what they learned about themselves during their time in IM&M+ (Quilt squares)
 - Planning for sustaining their connections for after the program
- Note that today we want participants to build onto their own Power Boxes. Ask everyone to think about a memento or token they will add to their Power Box that will remind them of the positive experiences of what they achieved today. It can be a quote, a word, a drawing, a symbol a photo of their quilt squares, a copy of their Sustaining Connection Action Plan, a photo of the Quilt of Belonging.
- Give participants time to think of something they want to put in their Power Box.
- Congratulate participants for all the work they did today. Acknowledge that it was a full day and that they achieved a great deal.
- Remind them to take any materials they want to make more quilt squares. Note that they can bring them for the next session or drop them off at your office anytime.

- Remind that the next and final workshop will be (date).
The room will be open and the morning routine will start at 8:30 and the session will formally begin at 9:00 am.



APPENDIX A: SUSTAINING CONNECTIONS

When “I” is replaced with “we” even illness becomes wellness – Malcom X

“The more complex the network is, the more complex its pattern of interconnections, the more resilient it will be.” – Fritjof Capra

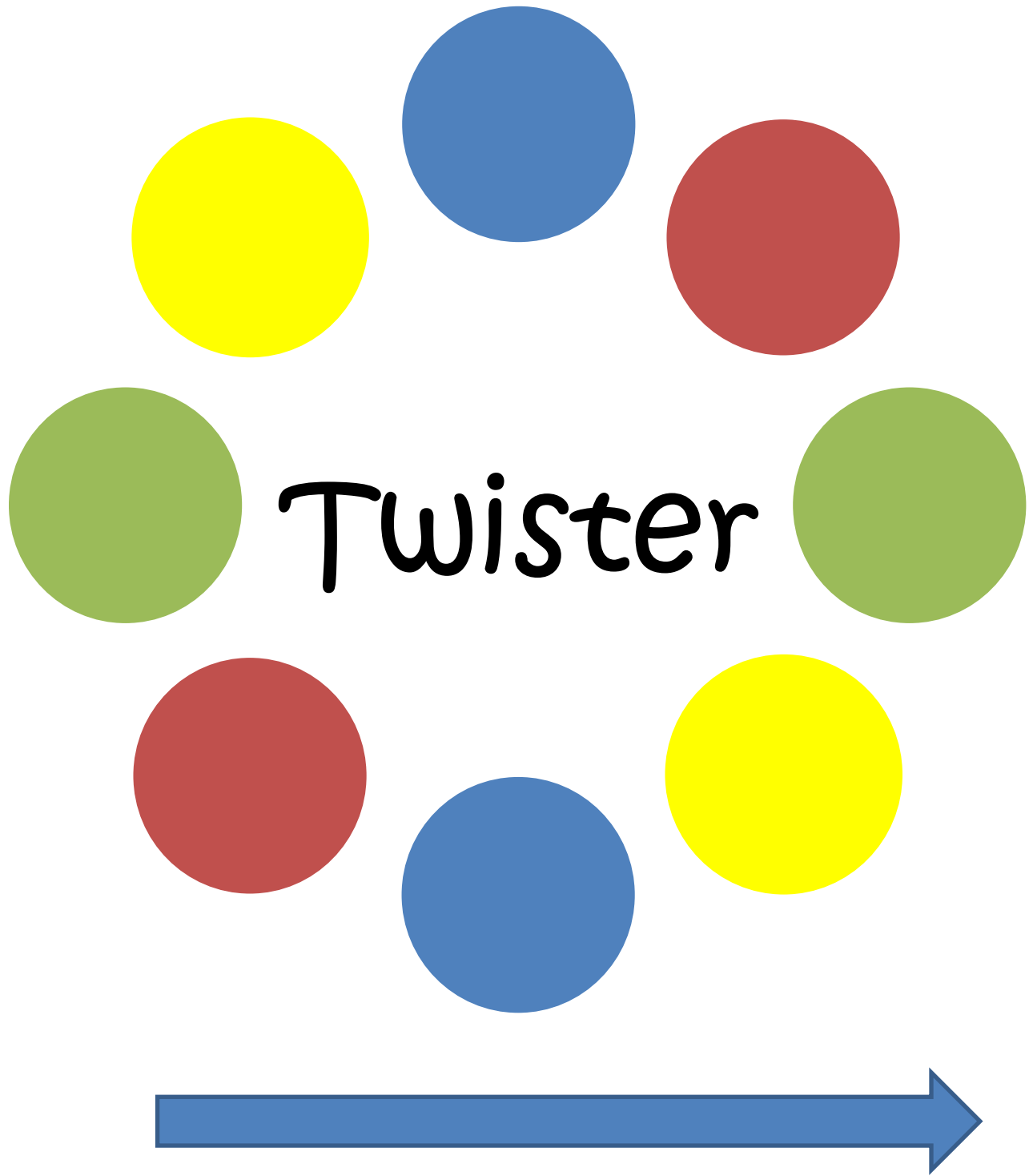
Connecting to another is one of the most important things in the world and you can keep expanding that connection - one person, a family, a community, a country, a society, a culture. – Eric Fischl

No distance of place or lapse of time can lessen the friendship of those who are thoroughly persuaded of each other’s worth. – Robert Southey

Staying connected and getting reconnected feeds the flow of goodness which empowers our humanity.” — Susan C. Young

“To express yourself through art is to connect with your soul.” Unknown

APPENDIX B: MENTAL TWISTER SPINNER



APPENDIX C: SUSTAINING & ACTIVATING CONNECTIONS ACTION PLAN

Goal Statement: I want to Option:					
Action Steps	Resources	Who	Challenges and Possible solutions	Rewards	Time Frame

APPENDIX D: LIST OF MATERIALS

Each Workshop Session

- ☐ Coffee
- ☐ Tea
- ☐ Fruit
- ☐ Snacks
- ☐ Mugs
- ☐ Plates
- ☐ Napkins
- ☐ Cutlery
- ☐ Glasses
- ☐ Water
- ☐ Daily Newspaper & Other Reading Materials (range of literacy levels)
- ☐ Quotes/Images for Wall
- ☐ Masking Tape
- ☐ Scissors
- ☐ Flip chart paper and Stand
- ☐ Markers
- ☐ Paper
- ☐ Ingredients for Group Lunches and Table Settings (as needed)

Workshop 1: Reconnecting

- ☐ Twister Spinner (see Appendix B)

Workshop 5: Sustaining Connection

- ☐ Twister Spinner (see Appendix B)
- ☐ 4 x 4 inch or 6 x 6-inch squares of different colour fabrics or sturdy coloured construction paper
- ☐ Scissors
- ☐ Coloured markers
- ☐ Glue
- ☐ Tape
- ☐ Glitter
- ☐ Crayons
- ☐ Fabric pieces
- ☐ Coloured construction paper
- ☐ Old magazines for pictures
- ☐ Pipe cleaners
- ☐ Bits of fabric
- ☐ Beads
- ☐ Ribbon
- ☐ Other craft supplies
- ☐ Large sheet of cardboard
- ☐ Staple and staplers
- ☐ Art fixative
- ☐ Index Cards
- ☐ Camera

Workshop 6: Graduation

- ☐ Mental Twister Spinner (see Appendix B)
- ☐ Index Cards
- ☐ Group Lunch (tablecloth, cutlery, plates and napkins, fresh flowers or centrepiece)
- ☐ Certificates of Successful completion
- ☐ Flowers for room/participants
- ☐ Samples of participant work for display (Quilt of Belonging)
- ☐ Camera