**Follow-up Letter to Zoom Call 00**

Dear Friends,

It was a real joy to be with you all on call this week. It felt like we got off to a good start with such a good feeling on the screen. For those who couldn’t make it here is the recording in two different formats:

[Shared screen with speaker view](https://us02web.zoom.us/rec/play/LqePTPpcFtfQ1SW-ptRZVnplCmxVc5Cf481AEUQnvkswaGHaoL22-S_XTRrzN3tcXTGinQVPUEQmXGlD.-1RCeHPxPbk3t19S?autoplay=true)

[Audio only](https://us02web.zoom.us/rec/play/BhoQqtdTzGd74Wk6-0Ig_239Oq2fqwticwuMFoGykIqw4OYXNG5K3fd_hbKv5WTm_fPsonJ0zWegFRvE.UWiEjgVzhZ0w7raw?autoplay=true)

I asked each person to introduce themself saying a few words about who they are and why they're doing the training. It's a good way to meet others going through the training with you.

I then asked people to reflect on teachers who've inspired them and the qualities they had and share in a breakout room with three others. I just saw the recording and unfortunately Heidi wasn't able to join a breakout room. If you're watching you can skip those 10 minutes and pick up when we all return to the main room.

We then had some time for Q&A which included some practical questions and logistics.

Here are some resources I said I'd send in this follow up letter:

1. **Qualities of a Good Leader** that we discussed. (Attached.) This document also contains "Guidelines for Running Groups".

2. Here is a link to [Awakening Joy Teacher's Manual](https://www.awakeningjoy.info/documentsTrainees/teacherTrainingManual.pdf) which is also on the website under Teacher Training materials. I put it together for teachers-in-training to give a synopsis of each of the 10 course principles with exercises for each step. You might print it out and have it bound at a copy store. That's what I've done.

3. Here is the [Group Facilitator's Manual](https://www.awakeningjoy.info/documents/supportGroups/facilitatorGuidelines.pdf) that is also on the website. It contains a suggested format for leading a group. I wrote this several years ago before I started offering the certified Teacher Training for those who wanted to self-organize and lead a group with friends. But it's applicable to you to use for this training.

4. I want to remind you that if you want to lead a group of course participants please write your information including a brief bio, day and time you want to meet and your email so people can write to you directly to join your group on the [Trainee-led Group Sign up Google Doc](https://docs.google.com/document/d/1BpOVbjtLX0hC81VDSo_sf_88D-39mzhoh7ugdvln2Kw/edit). As people join your group, update the number of folks in your group. When you have 7 (8 max), please remove your name from the signup so that other trainees can receive emails to fill their groups.

5. I also want to remind you to sign up for a [Mentor Pod](https://docs.google.com/spreadsheets/d/1rzEQ_eUCDXNViR9YJxxICMVMLHlZURz-F3kl1XJP6P8/edit#gid=1574581546) if you haven't yet. Dorte and Maureen have space. Once Dorte has five then we can see if there is a need from Maureen to post her group. Michele and Krista have space for one or two more. If none of the posted Mentor pod times available work for you, let me know what times do and I'll see if Maureen can change her planned meeting time. (Maureen is a really gifted Mentor, by the way.)

6. If you are setting up a group of friends to be with you in your group, you should start by filling out the group leader signup link <https://www.awakeningjoy.info/signupGroup.php>. You will receive an email with the appropriately named promotion code. The email tells everyone in different stages of registration how to complete the process, including getting a refund if they registered at a higher fee. The whole process is well thought-out and easy for you to instruct your members.

If people can offer something for the course that would be great. However, as we said on the call, if you're inviting close friends for whom it's awkward to ask to pay, or you're serving a population that it would not be appropriate to ask, they can sign up using the teacher promotional code: **TeacherNow2022**at the bottom of the payments page.

If you have any questions or problems, please email Gretchen at admin@awakeningjoy.info.

**Next Tuesday, January 25th will be the first course call 7:15-8:45pm Pacific Time.**

I look forward to sharing the call if you can make it. If not, don't worry the class will be recorded and you'll receive the recording links in the day or two following along with the first practice letter. I hope you enjoy your first meeting with your groups. See you on our next Trainee call, February 2nd at 1pm.

With warm regards,

James