**Follow-up Letter to Zoom Call 01**

Dear Friends,

It was a pleasure to be with everyone who could make the call today. Here are the links to the call:

[Shared screen with speaker view](https://us02web.zoom.us/rec/play/J76IauNj_8rGrekpiJamHGmqmnkJIDLJ2iYZFNiw0mo9K0DzJ4faOvdolpjwpV798EdgseXNhIpLbQCH.1r7Etc8wJlEZ2uX0?autoplay=true)

[Audio only](https://us02web.zoom.us/rec/play/ey0feRJMNcBt9EcyZ3KSbss03f4IyKh-74q-GvVwJqSba2r5g3FW8zIcFwtsILkkP_gn7UspOyfKj6zm.2uTxvst84xwtK0d-?autoplay=true)

After checking in and addressing some questions that people had about the course, we explored the subject of Identification with the "role of teacher".

Identification is taking that role as our identity. This includes both the positive ("I'm really great. They're so lucky to have me leading this group.") and the negative identification ("What if they find out I don't really know as much as they think I do?" I hope they're not judging me.").

Each of these stances prevents us from being relaxed, authentic and just ourselves. Those are keys to being a good leader. When you can be just yourself you give permission to others to just be themselves too. I asked people to reflect on when identification is likely to be activated and when it's not. Everyone broke into small groups.

If you're watching the recording for the first time you might do the reflections and write down your responses. That way you will more likely be able to be aware when that activation happens in your group and come back to being your authentic self. People will really appreciate it when you do.

We then discussed and explored the subject itself and ended with an intention exercise, focusing on the intention to offer this material in a way that will be rewarding and fulfilling while truly benefiting those who are in your groups.

Remember, if you've newly joined the training and haven't joined a mentor pod yet please choose one.

See you in two weeks for our next call on February 14, 1pm Pacific Time.

Wishing you all the best,

James