

## **READY session structure and content**

### a. 75' sessions

- a. 10' check in on action steps taken/objectives achieved
- b. 5' identify any member who wishes to process a specific issue and/or select other topics for members to discuss, for example:
  - i. relationships with others
    1. romantic relationships
    2. toxic relationships
    3. parent relationships
    4. other family relationships
    5. teacher/coach/supervisor/manager relationships
  - ii. relationship with self
    1. guilt
    2. not being enough
    3. not living up to expectations
  - iii. limiting beliefs
    1. ways in which we see the world that limits our experiences and performance
  - iv. triggers
    1. recurring actions or events that result in negative reactions such as anger, fear, anxiety, being hurt, loss of control
  - v. past events we are incomplete with
    1. events that have happened in our life that we continue to ruminate over and creates barriers to moving on
  - vi. academic issues
  - vii. applying for college issues
  - viii. career issues
    1. not sure what to do with my life
    2. feeling stuck in my role
    3. not appreciated, valued or fairly compensated in my current role
    4. dealing with a toxic boss or culture
  - ix. financial issues
  - x. sport/athletic/team issues
  - xi. physical or health issues
  - xii. behavior issues