



## **Building Your Support Team:**

**Success is a Team Sport**

**Accountability Partner**

**Peer Coaching**

**Mastermind Groups**

# Mastermind

## Meeting Structure



Invocation for guidance and harmony



Share what's "new and good" . . . Wins and Successes



Negotiate for time



Focus person uses the group to . . .

Set goals, plan, brainstorm solutions

Test a new idea out, "plus" ideas

Ask for support of any kind



Make commitments to new action steps (Stretch)



End with appreciations of the other members



Be accountable to your commitments (Step 2)

# Tips

- Decide on frequency
- Group size of 6 is ideal
- Limit to 1 hour
- Assign a timekeeper to keep on track
- For the first few meetings, let one person have the whole hour while the other members brainstorm how they can support her.
- During later meetings, participants each get a small amount of time.
- Sample timeline:
  - Invocation 1 min
  - New and Good 2 min each
  - Negotiate for time 2 minutes total
  - Individual time 6-7 minutes each
  - Action commit 2 minutes total
  - Gratitude/Appreciation 1 minute total

# How to Source New Ideas in a Mastermind Group



Person who is seeking new ideas poses the question



Go around the group—1 idea that occurs to her until time runs out



No comment or judgment



Person who is seeking ideas then talks about what resonates with her and what her next steps are.

**Desired Outcome:**

**A Goal that is Measurable in  
Space and Time and Action  
Toward it**

**How much ?**

**By when ?**