

## TIPS & IDEAS ON RUNNING A SERITI™ CLUB

### TIP 1 - Create Your Own Vibe

One of the most essential parts to your group will be the kind of energy you create and making sure that all members are in alignment with the style, pace and energy level of your group.

You need to actually discuss how seriously you are going to take growth, supporting each other and other things such as confidentiality, punctuality and commitment.

### TIP 2 - Use a Diary

Consider setting the dates and times for meetings at least three months in advance and then stick to those dates. One of the biggest things that stand in the way of growth is inconsistency and bad time-management, so encourage your members to create healthy habits by committing to dates in advance.

### TIP 3 - Set a Strong Foundation

The first session is often the session that sets the groundwork for the pace of growth, the power of your group and the change ahead. Spend at least one hour of this session talking about vision.

Ask each member to visualize their perfect day... where do they wake up? What do they do? Who are they? What do they look like? What qualities/strengths do they have? Allow the members to visualize this perfect day, maybe even write it down and then to share it without being judged.

Sharing and identifying each member's vision does a few incredible things. Among these, it sets a direction for each individual to work towards and also creates accountability – the whole group now knows what each member is working towards and can support and challenge each other to move forward.

### TIP 4 - Have an 'Ask-don't-tell' Policy

This is absolutely vital to a healthy group. Not only do people not like being told what to do, but science has proven that it doesn't work and is counter-productive to growth! Each person has within them the answers that are right for them and we need to give them the space to find these, whether the answer comes from minutes of thinking or months.

Most of our lives we are surrounded by people telling us what to do, where to go and who to be and no matter how good the intentions, this leaves no room for us to figure out what our truth is. Encourage greatness by giving all members the space to find their own solutions or by asking questions that help them see the issue from different perspectives.

### TIP 5 - Move Thoughts into Action

One could easily spend the hours of the group meetings just exploring ideas, reading books, observing, discussing challenges and sharing philosophies, but one of the biggest challenges we humans face is taking our ideas and philosophies and actually living them.

Never leave a session without asking your members commit to at least one action that will bring them closer to standing in their truth. What habit can they change? What part of their philosophy can they begin to live in the next month?

Make a note of these actions and check in with them at the next meeting. You will be amazed by the growth that can happen in just a month.

## **TIP 6 - Share the Responsibility**

Be very careful of taking on all the responsibility for your group. If you are not charging for your group meetings, make sure that everyone brings in their bit by sharing things such as researching/sharing tools, preparing drinks and snacks and hosting the meetings.

## **TIP 7 - Have Out-side Days**

This is a fantastic idea that some of the first Seriti™ group members came up with. Every so often they dedicate a Seriti™ meeting to one member and seek to discover one huge stumbling block/challenge that this member is facing... then they find a creative way to overcome that or make a massive shift.

One member, for example, identified that she had absolutely no faith in God, in herself and in life. On her outside day, the group went off and supported her as she did the highest cliff jump in the world. Her sentence for the day was 'Let go and jump in faith...'

It doesn't have to be nearly as extreme and shouldn't be done at every meeting, but the results of this added dynamic have been impressive.

## **TIP 8 - Share Tools**

A really great idea is to bring tools and assessments to the meetings every now and then and share these, discuss these or do them together. These can be anything from values assessments and visioning exercises to business analysis tools and personality profiles.

The idea with tools like these is to encourage the habit of self-observation and self-exploration.

## **TIP 9 - Encourage Effective Communication**

People waffle, a lot!

One of the greatest tools to help your members think more efficiently is to ask them to be succinct, specific and generous in the way they communicate.

By this we mean, encourage members to communicate effectively by keeping it short, sharing only relevant information in a way that makes sense and being real, honest and sincere. This doesn't mean that it has to be devoid of emotion, just that we want to get rid of the fluff so that every sentence is constructive and worthwhile and all conversation makes the most of the three hours together.

## **TIP 10 - Celebrate Achievements**

How often are we given credit for the good things we do in life?

It's usually the little changes we make that make the biggest difference to our lives and the lives of others and these are the things that mostly go unnoticed and un-acknowledged.

Create a habit in the group of acknowledging each other for overcoming challenges, creating a new habit or even just for sharing and being honest. You could even have a celebration dinner or a weekend away specifically to acknowledge each other.

Make it worth it and, as the leader, spend time going through your notes on each member to list their achievements and summarize their journey. You will be amazed at what happens when you give this back to them and the self-realization that will come of it.