

MASTERMIND GROUP FIELD GUIDE

Your Roadmap for Participating in an Accelerator Mastermind Group

thefocuscourse.com/accelerator

Why Mastermind Groups?

After the first Focus Academy we launched alumni into mastermind groups as a way of continuing the momentum on their newfound clarity. While somewhat experimental, these groups showed glimpses of magic we have experienced during our in-person trainings.

Because of that, our second Academy included mastermind groups *during* the cohort. It became abundantly clear that not only were the mastermind groups effective, but were quickly becoming the single component that defined the Academy experience for our members.

Mastermind groups are now a key aspect of the Academy experience and a core anchor point for our members. I've personally witnessed the power of these groups and it still surprises me in the best way. Within a short amount of time these groups are supporting and encouraging one another to move toward making lasting change on the *most important* things in life.

I'm convinced participating in a mastermind group is one of the most powerful mechanisms for lasting change. The Accelerator is a community is a group of highly motivated achievers. And the mastermind groups unite us in our pursuit of taking steps toward the most important things in life.

— Isaac Smith
Director of Academy & Accelerator

Suggested Mastermind Group Agenda

Weekly Small Group Meeting Time: 60 - 90 Minutes

Welcome & Review: 15 Minutes Allow for the group to get settled. Each person to give a 30-60 second check in. (*What are you working on, stuck on, thinking about? ... save the deeper context for your hot seat.*)

Hot Seats: 50 Minutes For hot seats, divide 50 minutes by the number of group members. Or, simply pick a format and time that works for your unique group size / dynamics. The overall goal of the hot seat is to allow each person a dedicated space to share and dialog about their progress, breakthroughs, and challenges.

Wrap Up Summary: 15 Minutes Finish up your time together as a group reflecting any major takeaways from hot seat discussion. Each person can commit to one action item for the next week.

Group Etiquette

- ★ **Show Up:** Your group is counting on you. If you can't make it, communicate ahead of time. I recommend each group set up a private Slack DM to communicate with one another.

- ★ **Compassionate Listening:** Practice (and communicate) the skill and need of listening to those in your small group. Each of us need to be heard. Your mastermind needs to be a safe space for participants to process the concepts in Academy.

- ★ Questions you can ask when someone is sharing:
 - Tell me more about...
 - Why is that?
 - What do you think you will do about that?

- ★ **Be mindful and courteous:** Respect your group members by contributing but not overpowering conversation. Everyone has a different world-view and perspective, honor each other and see your differences as an advantage to grow and learn.

Key Components to Making Lasting Change

When it comes to implementing change (of any kind) there are a few key ingredients.

1. Each member of your group will need to experience quick success, which can lead to an "*I can do this*" mentality.
2. They will need feedback loops to help them make the most (learn from) of their mistakes and isolate what it is that leads to winning toward a Focused Life.
3. And, finally, they will need accountability to help them follow through on the things they said were important.

Rarely do things happen as we plan them. In which case, we'll need to make adjustments and adapt along the way.

This is why being part of a mastermind group can be so advantageous. It will ultimately result in deeper change that takes root quicker.

Therefore, each week, we suggest that you include these elements to your group check-in:

- ✓ **Review** — What did you commit to last week?)
- ✓ **Account / Celebrate** — How did you do on your commitment?
- ✓ **Commit** — What will you do in the upcoming week?

The more clear you and your group can be with your intentions and the action you are going to take, the faster you will all build momentum as you strengthen your personal integrity muscle. (*"I said I was going to do this, I did it. I am a person that follows through on the commitments I make to myself."*)

Creative Liberty

Your group is your own. Meaning, make it what you want it to be! These groups work best with some parameters to help keep you on track. But if you play within those boundaries it can look different ways.

1. **Timing:** Your group day and time has been set, but if 60 or 75 minutes works better than 90, then as a group feel free to make a change. Just make sure the group is in unison and everyone is getting time to check in and share.
2. **Hot Seats:** Our standard practice has been to give each member a portion of time to process and invite the feedback of the group. As a group you may stick to this or make your discussion times more free form. As long as you are in agreement as a group.
3. **Themes:** Some have raised the question of making groups topical or themed. i.e. focus on developing a writing habit, working through The Margin Course as a group, etc. Once again, this is up to you as a group. You could hold one another accountable to this on an individual basis, or you could commit to it as a group. The key is, be in agreement as a group.