

Key Chain

(Adapted program, full program can be found in the Inspire manual)

This program is intended for group facilitation. We recommend you use a platform where everyone can be seen—Zoom is a great and free option. There may be others out there too, so use what you feel most confident in facilitating from.

The key below will help you understand the different text styles:

Content (this is what should be shared with the group. You can read it straight from here or put it into your own words)

Questions for participation (if the text is highlighted, then these are questions you should ask to your Sisters)

Notes for facilitator (if the text is in italics, then those are notes for you as the facilitator. This text should not be read aloud to participants)

Introduce yourself and welcome Sisters. The program can easily be modified to do in smaller groups.

Okay, Sisters! Today's program is going to be a fun twist on other get-to-know-you activities! Now that we are all here *(as a large group, or in their small groups)*, I would like for everyone to go to their rooms (if you're not already in your room). I want you to take a few moments to look around your room and pick 3 objects that mean something to you (it can be something more meaningful or just fun!). Once everyone has had a few minutes to pick out and think about their objects, we will come back together to share.

Any questions?

Allow two to three minutes for Sisters to gather their objects.

Now, let's go around *(or in small groups)* and explain the meaning behind the objects we chose from our rooms. Feel free to share as much or a little about your items – statements can be deep or simple, no pressure!

DEBRIEF

Thank you all for being willing to share with the group! *Based on what is shared, offer feedback (did women share funny things, vulnerable things, etc.?).*

How did it feel to share these things with everyone?

It was really fun to see what each of you finds important from your rooms. Doing something as simple as explaining what items you may pass by every day in your rooms can offer deep insights about one another.