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## GROUP TRAINING COURSE PARTICIPANT PREPARATION PLAN

Congratulations! You are about to take part in a dynamic and life and business-changing Group Training Course. The information below will support you so that you will get the most from your experience before, during, and after the calls.

Below you will find 3 challenges which, if fully taken on by you before and after the calls, will help you forward the action and see real results in your life and business.

### **Challenge #1:**

Get prepared:

- Ask yourself the following questions and be very clear with your responses. Remember the most powerful gift you can give yourself is a purposeful intention!
  - What do I want to take from this Group Training Course?
  - If I were totally successful in the area of this training, how would that look for me?
  - On a scale of 1-10, how important is it to me to improve and grow in this area?
  - What will this growth provide for my business?

## **Challenge #2:**

### Contact Your Partner

You have been assigned a partner who will hold you accountable for the commitments you will make to yourself during and after the course. You'll be working together weekly and will be supporting each other. This teaches you not only how to be mentored, but also how to mentor another. Contact your partner prior to the first call to set up your weekly time to talk. Consider asking each other the following questions (if you don't already know the answers):

- How long have you been with your company?
- What are your goals going into this Group Training Course?
- How can I best support you? (be thinking about how you will answer this question, as well. Do you need to be held accountable, challenged, encouraged, directed? What style of support works best for you?)
- Schedule a weekly time (at least 40 minutes) with your partner during the four weeks of the Course. You will have homework and assignments to do with your partner from each call.

## **Challenge #3:**

### Take Time to Review and Plan:

Schedule an appointment with yourself within 48 hours after each Group Training Course to review your notes and schedule time to do your homework for that week. Come up with a definite strategy for implementing the ideas and training you have received for the previous week. These are your "walk your talks." Walk your talks are choices that you commit to act upon which are within your realm of control. What will you do in service of your goals? Send the results of this appointment to your upline leader via e-mail and be sure to share them with your partner so that they can hold you accountable.