

DAILY READING

DAY 1

Session Outline and Agreements

Each days session will follow a similar outline. The section headings for each session will be shown in **BOLD AND ALL CAPS**.

The words that follow each heading are the script for the Mentor to read to the Mentee.

Most Sessions will include the following sections:

CHECK-IN

INTRODUCTION

THE DAYS PROCESS

CLOSURE

CHECK OUT

SCHEDULE THE NEXT CALL

HOMEWORK

Instructions for Each Section

CHECK-IN

Normally, when I connect with someone on the phone, my impulse is to say Hi, how are you doing? In this program, we will formalize that greeting a bit and invite each other to check-in, which will be an opportunity to share how you're doing.

Normally check-ins are not interrupted with questions or comments. It's a chance to express what is coming up for you without any interference.

For the first few days of this program, we will keep our check-ins fairly simple and will share how we are feeling right now and mention any recent happenings that we think may be contributing to this feeling.

We will also confirm that we did the reading for today.

Example:

My name is Robert and I'm feeling sad today. I had an argument with my daughter yesterday and I think I just made things worse between us. I did the reading for today and am ready to go. I'm in with that.

INTRODUCTION

This section is to introduce Today's Topic or Exercise. This will be a script that includes most of what is shown as the Days Intention at the top of the page. The Mentor for this session may simply read this script.

DAYS EXERCISE OR PROCESS

Usually the Day's exercise or Process will be pre-viewed in the Days Reading. In the Mentor's Session Guide, under this heading, will be the script for the Mentor to take the Mentee through a process.

CLOSURE

This section provides the script for the Mentor to close out a process and will usually ask for feedback from the Mentee.

CHECK OUT

With Closure completed, you can each do a brief (1 minute) checkout, which is simply a closing statement where you each can share any reflections on today's experience, how you are feeling and/or any thanks or appreciation you want to express to your partner. As with check-ins, we do not interrupt a person's checkout.

SCHEDULE THE NEXT SESSION

Please take a few moments to confirm the time for your next call.

HOMEWORK

Session follow-up and preparation for the next session will be shown here.

Please start a journal for this program. You could record your notes from these exercises in a notebook or a document on your computer or phone.

END SESSION

Topics for Day 1

MENTOR IDENTITY

Please choose who will be Person A and Person B for this entire 20 day program.

- A & B will experience the program equally, though Mentor A will usually mentor first.
- If one Partner is more experienced in this type of work, it is recommended that they be designated as Person A..

COMMITMENTS

You will be making some agreements with each other as you pursue this program. For Day One, please be prepared to make the following commitments:

1. I commit to finishing the 20 day program, one day at a time.

If at any time, I feel that this program is not for me, for whatever reason, I will discuss my feelings with my Partner.

If I choose to step away, I agree to participate in a final session with my Partner to receive their blessing and gratitude.

2. I will Mentor the program consistent with the Session Guide.

The use of other approaches or inserting any ideology is not consistent with this agreement.

3. I honor the confidentiality of all involved. What's said to me, stays with me.

4. I will do the necessary reading and come prepared for every session.

With agreement on the above, Partners may discuss how they'd like to conduct this program.

- See the following instructions.

Mentor / Mentee (Partner) Instructions

Discuss the following with Partner and reach agreement on how you want to proceed:

1. The 20 days can be scheduled to be consecutive; they can be weekdays only and they may include short times off. Do what you can in a timely manner.
2. Reach agreement on time allotted for each call. Scheduling daily or specific sessions from 30 minutes or up to an hour is at the discretion of the Partners.
 - If 30 minutes is a priority, there are some sessions that you may want to split into two days. Simply add another day to your program and extend it beyond 20 days.
3. Homework or Pre-reading is often assigned to make the most of the time spent on the call. If, for any reason, pre-reading does not work for either of you, you may simply cover it in your call. Do longer sessions or add days to the program as needed.
4. Schedule calls a week in advance. Confirm next call at the end of each day.
5. Mentee or Mentor may record any session on mobile phone or Zoom.
6. Oftentimes when Mentee is in a relaxed state of imagination, Mentor is encouraged to take notes for Mentee and email them to Mentee sometime after the Day's session (or record the call and send the recording).
7. Mentee is encouraged to find a quiet place to take each days call without interruption to facilitate deeper work.
8. Partners are encouraged to keep a journal to record insights from each day.
9. Updated protocols and additional resources are available at:
OmegaPointProgram.com; Email:Team@OmegaPointProgram.com
Please "REGISTER" on the website to receive new information.
10. Quality Control: Please hold each other accountable to the faithful execution of these protocols and this program.

TODAYS EXERCISE

Each Partner will be introducing themselves to each other. If already friends, they will share more about themselves than they previously have.

Person B will introduce themselves to Person A, who will listen in silence. This might include anything you'd like to share about your current life, your relationships, financial situation, your work, hobbies, or something you are passionate about.

At the end of the 8 minutes, you will switch roles and repeat the above steps.

MENTORS SESSION GUIDE

DAY 1

INTENTION

- To confirm Agreements and Commitments
- To introduce ourselves to our Partner
- To practice listening in silence

MENTOR IDENTITY

Please choose who will be Person A and Person B for this entire 20 day program.

CHECK-IN

Mentor A:

I (Mentor A) will be taking us through this session today. Please check-in on how you are feeling right now and what you think that might be about. Also, please confirm that you have read through the Reading for Day 1.

[each partner checks in]

INTRODUCTION

Mentor A:

Today, we will be doing a few logistics and then we will each do an extended check-in to share a little bit about ourselves. Ready?

COMMITMENTS

Mentor A:

In the reading for today, four commitments were listed. These included a commitment to finish the program, to maintain confidentiality, to deliver the program consistent with the protocols and to complete the Readings prior to each session.

I choose to commit to all four. Are you ready to commit also?

Thank you.

AGREEMENTS

Mentor A:

Also in the reading was a set of instructions that we can use to conduct the program.

We can agree to our approach today and then revisit our agreements as needed in the future.

So, I'll read each item and we can decide how we want to proceed:

1. Schedule the 20 days to be consecutive or weekdays only or
 - Usually, weekdays only (and many like every day).
2. Reach agreement on the time allotted for each call.
 - Usually 30 to 45 minutes (many participants block out an hour)
3. Agree on how to best support each other on the Daily Readings.
 - If one Partner is more experienced than the other, they can choose to be Mentor A. Person B can then experience many of the processes before they do the Daily Reading.
4. Schedule calls a week in advance.
5. Agree on plan to record sessions on mobile phone or Zoom if desired.
6. Agree on taking notes for each other.
7. Agree to both register on the website (if desired).
8. Agree to hold each other accountable to the faithful execution of these protocols.

Thank you!

EXTENDED CHECK-IN – SELF INTRODUCTION

Mentor A:

In the time remaining, we will introduce ourselves to each other. This will look like an Extended Check-in where we will share without any interruption

- A few words or sounds to indicate that you're listening are OK

So, you will introduce yourself to me and I will listen in silence and then after about 8 minutes we'll switch. I'll set a timer.

I invite you to share anything you'd like about your current life, your relationships, financial situation, your work, hobbies, or anything that you are passionate about. And please share about things I might not know about yet.

Please start now.

[B shares for 8 minutes, A listens in silence]

SWITCH

Mentor A:

Thank you.

I will now set the timer and share with you. Ready?

[A shares for 8 minutes, B listens in silence]

CLOSURE

Mentor A:

Thank you!

Please share briefly how that was for you to listen and to share and then I'll do the same.

[B shares briefly and then A shares]

CHECK OUT

Mentor A:

Thank you. OK, let's checkout now. I'll go first.

[both partners check out]

SCHEDULE THE NEXT SESSION

Please confirm the time for our next call.

HOMEWORK

Please complete the Day 2 Reading prior to the next session.

END SESSION