

PHASE 2

STAFF RESOURCE – WORKSHOP FLOWS AND SCRIPTS

WORKSHOP (WEEK) 12 – Maintaining Success and Progress

Key:

[Blue bold] = Notes to facilitator

Italics bold = Questions for facilitator to ask the room/group

Italics = Script to guide sessions

The room set up/environment

- A comfortable space for chatting and sharing
- Herbal teas

Resources:

- Week 12 workshop handouts
- Pens
- Copy of the journal – Hard cover or printed PDF (new version phase 1 & 2 combined)
- Maintaining Success & Progress PDF
- The Why and How of Kapalabhati (Yogic Breath of Fire) PDF
- Week 12 Nutrition Tasks
- Week 12 Meal Plan (print from MyFernwood)

Overview: Session duration - 1 hour (+ if including a celebration at the end)

1. Welcome and review of last week's activities and questions – 5 minutes
2. Maintaining Success and Progress (topic overview) – 2 minutes
3. Dealing with Plateau & Living life in Success (activity) – 15 minutes
4. Goals Review (discussion/activity) – 5 - 10 minutes
5. Retake Respiration Rate – 5 minutes
6. Time for questions, chats, celebratory food & drink. May be a simple spread of nibble food, or you may want to organize a Potluck event, where the group each bring something to eat/drink to enjoy together at the end – 10mins + ongoing.

Session flow

NB the scripts are merely guides and do not need to be verbatim. Run the discussions and activities to suit your personality and style.

Welcome and review of week 11 [DISCUSSION] – 5 minutes

Hi everyone, welcome to week 12 and congratulations on reaching the final week of the complete Food & Mood program. Our intention was to support you through education, motivation and accountability, to move away from a culture of fad diets and deprivation and create healthful habits to nourish your body and your mind.

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*At the end of this week, I hope you take some time to celebrate how far you have come. This week's topic is Maintaining Success and Progress and aims to prepare you for the continued success and progress beyond your Food & Mood journey. Before we dive into this week's topic **[ASK THE GROUP]** does anyone want to share how they got on in week 11 or have any questions? **[Encourage discussion and support contributions from the group - ask about success with the recipe plan, any favourite recipes? How did they get on with their journal activities? And is everyone up to date?]***

[OVERVIEW] Maintaining Success and Progress – 2 minutes

*Maintaining success and setting up for further progress is not just about what you feed your body, it's also about how you feed your mind and nourish your mindset, your thoughts, your feelings, your actions and of course your beliefs about yourself and your abilities to achieve. Cast your mind all the way back to week 3's workshop where you were asked if you **believed** you could achieve your Food & Mood goal. **[Instruct the group]** Just reflect now on that. Do you feel your beliefs supported your current outcomes? There's no right or wrong, just an observation.*

*As you move forward in your health and / or weight management journey, it is normal and expected to face some ongoing challenges, distractions, and plateaus (we speak more about this in the supporting resource for this week 'Maintaining success and progress' **[hold up the resource to show the room]**).*

If the Food & Mood program has done its job, you will know by now that you have all the tools at your disposal and all the power within you to continue to see the results you desire beyond the Food & Mood journey and to deal with any challenges or distractions or periods of plateau that may come up.

[ACTIVITY/DISCUSSION] Dealing with Plateau and Living Life in Success – 15 minutes

When we plateau on a healthy weight loss journey, it generally indicates that the whole body is readjusting and getting used to relatively new metabolic changes. Plateau is an expected and positive part of adaptation. Sometimes the body will respond again in its own time, while continuing with the plan. But often all that is needed is a little metabolic 'shake up' to create a new training or metabolic 'stress'

[INSTRUCT THE GROUP] Taking some time to reflect and using the workshop handout, see if you can come up with 3 things you can do if / when you notice plateau in your progress. You will have around 5 minutes to list these on your workshop handout. **[Give the room around 3-5 minutes to come up with their three points. Once you feel most of the room have completed the task, or time is up call on a few of the group to share – spend 1-2 minutes on group sharing].**

[The answers will be varied, so acknowledge all that the group offers. Some suggestions you might offer if not mentioned, are: Change of workout plan, improve sleep health if that is not good, see a nutrition coach for a more personalized approach]

Living life and staying in success

We realize that sometimes when we are focused on an exercise and nutrition plan, we can be a little anxious about stepping out of the 'bubble' for fear of undoing the progress we have made. That is completely understandable and totally natural.

[INSTRUCT THE GROUP] Take a moment now to come up with 5 top tips for yourself that will help you stay in the mode for success? You have around 5 minutes to list these on your workshop handout. **[Give the room around 3-5 minutes to come up with their three points. Once you feel**

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most of the room have completed the task, or time is up call on a few of the group to share – spend 1-2 minutes on group sharing].

[The answers will be varied, so acknowledge all that the group offers. Some suggestions you might offer if not mentioned, are: If in doubt, go back to basics, remember the foundations nutrition tasks, plan for social events, share your goal and intentions with friends so they can help keep you accountable and motivated, know that plateau is normal, accept it and find a plan to kickstart things when you are ready, find a qualified nutrition coach to guide you further. SEE THE PDF RESOURCE 'Maintaining Success and Progress for more details].

[ACTIVITY] Goal Reflection – 5 – 10 minutes

[INSTRUCT THE GROUP] *Take a moment to reflect on your program goal. Bring your goal to the fore of your mind.*

Have you achieved your goal and if so, what do you attribute your success to? On your workshop handout, you will see space for reflection here. Take a minute to reflect on your answers and if you wish to share with the rest of the room, please do.

OR

Have you still got some way to go to fully achieving your goal(s)? If so, that is great, we all work in different timelines. Is there anything you would consider differently now as you continue to reach your goal(s) fully? Take a minute to reflect and fill in this and if you wish to share with the rest of the room, please do.

[Give the room around 1-3 minutes to reflect and then call on a few of the group to share – spend 1-2 minutes on group sharing].

[INSTRUCT THE GROUP] *...and finally, take a moment now to reflect upon the overall positive changes you have noticed throughout your Food & Mood program [Give the room around 1 minute to reflect and then call on a few of the group to share – spend 1-2 minutes on group sharing].*

[ACTIVITY] Retake RP – 5 minutes

Now onto our final activity of the session. Recall six weeks ago, we took some time to record each other's respiration rate (RP). Now it's time to re-take your RP with your partner. After engaging in six weeks of intentional breathing exercises, you may notice a small reduction in your rate of breathing at rest. There are benefits in slow breathing, so if you have noticed even a slight reduction – well done. **[INSTRUCT THE GROUP]** *Follow the instructions on your workshop handout to retake your RPs [Once everyone has had their RP taken, ASK THE ROOM has anyone had a reduction in their resting breathing rate? If so, that's a bonus, if not it isn't a bad thing, just keep up one, two or more of your favorite breathing exercises from the program and your mind and body will continue to benefit.*

Though we have not practiced this week's featured breathing exercise, Kapalabhati breathing (Yogic Breath of Fire), please do watch the video online and refer to 'The Why & How of Kapalabhati breathing'. It is such a powerful breathing exercise.

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Session close & celebration – 5 mins – ongoing.

Ok, everyone! Wowee, you did it! – Congratulations, this brings us to the close of the activities for your phase 2 Food & Mood program. Please remember that you may still have journal activities for week 12 to complete including your final HASS questionnaire. Please complete that and for your own personal reference take note of your happiness and satisfaction scores now, compared to at the start of your Phase 1 and Phase 2 programs.

[If you are planning on a little celebration with some finger food or even a potluck lunch / evening meal, now is the time to invite everyone to kick back and relax and enjoy the food and drink. Otherwise, congratulate everyone again and wish them well on their success and progress]

End of Phase 2