

THE WOMEN'S CODE

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Balance Training Facilitator Training

Public speaking becomes easy when you believe in the message and you simply share ideas that resonate with you.

The most effective way to facilitate a great live presentation is to identify the different topics YOU find most interesting to discuss with your group. You are going to lead the discussion, so it is important you are comfortable with the topics.

Here is the format that I suggest and personally use for live presentations:

1. **Identify no more than three MAIN Ideas.** You want to keep the conversation focused.

2. **Start by introducing yourself:** Who you are, why this book matters, and why you are the authority to speak on this subject. Think about how you relate the book, such as similar experiences in your life or experiences that you know some of your group members can relate to, and how the book has helped you solve a problem. Also explain the training agenda and timeframes. Your introduction should last 5-10 minutes





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3. **Topic 1: Three main points of this idea (10 min).** Afterward group discussion (10 min)

4. **Topic 2: Three main points of this idea (10 min).** Afterward group discussion (10 min)

5. **Topic 3: Three main points of this idea (10 min).** Afterward group discussion (10 min)

6. **Open Forum**

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Here are some of the topic ideas that resonate with the Women's Code team (which consists entirely of women from all over the world) AND our readers.

1. ego-RHYTHM®

- This is the big idea that powers The Women's Code, and it is the favorite concept that every woman who has been through the course raves about. Do you know which one you are? How did you find out?

2. The Women's Code core message

- Describe what the core message is for you. Some responses we've had range from finding happiness at work, to ending bullying, building better relationships, passing fewer judgments, and improving collaboration.

3. Support

- Are you getting the support you need at home and at work? After you read the chapter on Support, how did you apply the concepts to get more support?

4. Communication

- Discuss ideas for improving your communication and examining the effectiveness of your conversations at home.

5. The Triple Paradox

- Which paradox are you facing? Which ones can you relate to? What can you do to have a more realistic image of yourself? Where do you beat yourself up? What is the biggest misconception other women have of you?

6. Self-image

- Do you have a realistic image of yourself? How can you be gentler with yourself?

7. Feminism

- Is the term "feminist" relevant to you? What does feminism mean to you? What does a modern feminist look like?

8. Role Models

- Who are your role models? How can we become positive examples for others?

9. How can you implement the Code to benefit our community?

10. Does the Core Code of Conduct feel familiar? How can you apply it more in your personal or professional life?

11. How can you apply the Three Pillars: Awareness, Support, and Collaboration, to solve a current problem at work, at home, or with another woman?

