

## **5 mins - Banter**

- Mic check

*\*No new members? Skip the following because it's a regular group that knows the rules.*

## **Meeting Format Overview**

- Updates: highs and lows for the last few weeks (2 mins)
- Ask you for your top issue or opportunity (“you might choose to pass and support others, or you might have a specific situation to get into”)
- Also 1-5 as far as how much they need to speak, how pressing it is, how emotional it is?
- THEN intros from new guys
- Then HOT TOPICS

## **Welcome & rules (use humour to make this lighter)**

- Mute
- Hands up
- Be concise. Don't ramble. If you do, the moderator may have jump in and cut you off out of the interest of the groups
- Don't tell people what to do. Share your own experience. Speak in “first person”. For example, say “I'm having this issue” or “I'm feeling this way” - Don't say, “YOU know when YOU'RE feeling this way”. Talking about yourself.
- Please turn your video on so guys can see you

> PLEASE go follow up with a guy or all the guys in this group in the platform. Send a guy a message. Post something in the topic-specific forum.

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## **Updates**

1. Give us an update man. What's been happening? Highs & lows? (You have 2 mins)
2. Top issue or opportunity? Something you'd like feedback on? A question you have for the guys?
3. Scale of 1-5 how much do you want to talk about it today?

## **Intros (new guys)**

- Name / where / what brought you to Men's Group? (You have 2 mins)
- Top issue or opportunity? Something you'd like feedback on? A question you have for the guys?
- Rate your topic 1-5 as far as how pressing it is or how urgently you feel that you need to speak about it?

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## **HOT TOPICS (1.5hrs) - supporting the guys who said they have something they want feedback on in the updates/intro:**

- Organised by most relevant to the entire group to least.

- Who can relate?
- Who has clarifying questions?
- Has anyone been through something similar?
- Does anyone have any guidance around this?

**Accountability** - go to each guy. What do you want to hold you accountable to for next meeting?

**Gratitude round** - Each guy share appreciation for the group

**Say bye to each guy individually**

Hot topics:

Casey - Reminder of Tools

Dale - Dealing with Other People with Similar Mental Issues

Andy - Struggling to see positivity

Glenn - No topic

Jayson - No topic

Robert - Emotional Support for Men

Vishal - Frustration leading to Procrastination

David - No topic

Mark -

Frustration leading to Procrastination

Struggling to see positivity

Emotional Support for Men