



Tiny Book Club Agenda: Meeting #1

Section 1: Open

Materials needed:

- Books
- Pens
- Journal/notebook
- Timer



Two-hour Meeting (Sample meeting time: 6:00-8:00 pm)

6:00-6:15	Welcome + introductions Everyone shares their name, why they joined the club and what they would like to learn (60 secs each)
6:15-6:25	Club leader reviews plan for the meetings There are six sections of the book and each meeting covers a different section. Homework in between meetings is to pick one or two of the tiny adventures in the current section, do the adventures you chose, and then share your experiences at the next meeting. One tiny speaking adventure will be done together at each meeting (except for this meeting: you'll do two). <ul style="list-style-type: none">● Meeting one: Section 1: Open● Meeting two: Section 2: Explore● Meeting three: Section 3: Discover● Meeting four: Section 4: Step Out● Meeting five: Section 5: Speak Up● Meeting six: Section 6: Be Seen● Meeting seven: Reflections of the last section, review of the book and experience
6:25-6:35	Read out loud: Tiny Speaking Adventure #1: Feel the Shift



6:35-6:55	Set a timer for 20 minutes and have everyone fill in their answers <i>(not including the reflection)</i>
6:55-7:20	Discussion Discussion questions: <ul style="list-style-type: none"> • What showed up while writing that you didn't expect? • Did you like doing this exercise, why or why not? • What did you learn about yourself? <p>What stories are you telling yourself about who you are and what's possible? How does your life look different if you're someone who feels totally confident and comfortable speaking?</p>
7:20-7:30	Read out loud: Tiny Speaking Adventure #2: Share the Love
7:30-7:45	Set a timer for 15 minutes and have everyone write their answers <i>(not including the reflection)</i>
7:45-7:55	Discussion Discussion questions: <ul style="list-style-type: none"> • Was this exercise easier or harder than you expected? • How did it make you feel? • Did anything surprise you? • Would anyone like to share some of the specific attributes you like about the friends you listed to practice?
7:55-8:00	Closing

Homework:

Call the three friends identified in this exercise and make an action plan to call them this week. Read the titles of the next three tiny speaking adventures and tell the members to pick one or two to do during the week between meetings. They can write their answers in the book or in their journal. Make sure they bring their books and journal with them! They will be discussing their experiences at the next meeting.

Remind them of the date and time of the next meeting.