

## Visioning Mini-Conference — Visioning in Words — Page 1

### Summary schedule for Saturday, **March 6**, regarding **Visioning in Words**:

- ✓ 10 minutes: Moderator — **Nancy** — opens with Serenity Prayer and welcomes everyone, may share a little of her visioning (or service) experience to warm up the registrants for the mini conference, introduces workshop leader (**Bob** will serve as timekeeper)
- ✓ 10 minutes: Workshop leader — **Eileene** — Introduces workshop goals and sets tone for the weekend
- ✓ 5 minutes: Workshop leader — **Eileene** — will read her vision and share her process
- ✓ 20 minutes: Q&A with workshop leader — **Eileene**; moderator — **Nancy** — will call on raised hands
- ✓ 10 minutes: Moderator — **Nancy** — briefly shares her vision
- ✓ 60 minutes: Workshop leader — **Eileene** — leads the engagement (“workshop”) period:
  - 20 minutes: Participant shares from Vision Prompt 1: *Write one page about your experience asking for what you want. How have you defined what you want?*
  - 10 minutes: Writing Vision Prompt 2: *How have you invited Higher Power into your visioning?*
  - 20 minutes: Participant shares
  - 10 minutes: **Eileene** to give instructions for Prompt 3: *Write a one-page vision for your life — business, work, home, or any other part of your life where you want to define what you want through the lens of your recovery.*
- ✓ 5 minutes: Moderator — **Nancy** — leads us through wrap-up, preparation for next session, and close with Serenity Prayer
- ✓ 60 minutes: Mini-conference organizer — **Bob** — will lead “After Party” with help of moderator

### Summary schedule for Sunday, **March 7**, regarding **Visioning in Words**:

- ✓ 10 minutes: Moderator — **Nancy** — opens with Serenity Prayer and welcomes everyone, may share some follow-up experiences from the previous day’s workshop to warm up the registrants for the new day, introduces workshop leader (**Bob** will serve as timekeeper)
- ✓ 10 minutes: Workshop leader — **Eileene** — introduces the activities and goals for today’s workshop
- ✓ 5 minutes: Moderator — **Nancy** — shares her vision
- ✓ 10 minutes: — **Eileene** — shares her vision and process
- ✓ 5 minutes: Workshop leader — **Eileene** — briefly describes what’s going to happen next, then models with Nancy how registrants will share visions and give input
- ✓ 60 minutes: Moderator — **Nancy** — calls on volunteer registrants to share visions and then workshop leader — **Eileene** — will give input, then open it up for others in the group to share input; up to six participants will have up to four minutes to share their visions in words; there will then be up to six minutes of experience, strength, hope, encouragement, and support from other registrants in one-minute increments; moderator — **Nancy** — calls on raised hands for input and feedback, too
- ✓ 10 minutes: Workshop leader — **Eileene** — shares suggested next steps and prep for weekend two
- ✓ 10 minutes: Moderator — **Nancy** — leads us through wrap-up, final comments, and close with Serenity Prayer
- ✓ 60 minutes: Mini-conference organizer — **Bob** — will lead “After Party” with help of moderator or workshop leader (TBD)

## Visioning Mini-Conference — Visioning in Words — Page 2

We will begin the DA and BDA Visioning Mini-Conference with a two-workshop **Visioning in Words** section kicking off a full month of visioning in our DA and BDA recovery. During this weekend, we will write our visions for our lives and / or businesses. The work we do in weekend one will serve as the foundation for the following workshops in this series. Workshops will be two hours, plus up to an hour of tightly moderated fellowship. If you can stay for all three hours, please do!

On Saturday, March 6<sup>th</sup>, we will work together to invite Higher Power to guide our visioning — specifically through the principles of Steps 1, 2, and 3, which we can lightly adapt for this application of the Steps as resources for visioning:

1. Our lives will likely remain unmanageable, or become unmanageable again, unless we create a vision that includes the things we want and are willing to work for.
2. Having no vision is insanity, and the Higher Power is the only solution to the problem of no vision, or the creation of unattainable visions, or creating visions for things we don't really want.
3. Creating and pursuing a vision aligned with our Higher Powers' will for us is the recovered approach to getting what we want.

We are not alone in creating our visions, and we will not be alone in pursuing or living our visions. Higher Power and our DA and BDA fellows will be there to help us every step of the way.

Our workshop leader will share some guidance and support as we practice **Visioning in Words**, and she will share her vision from the **Vision Prompt 1** we asked you to prepare for today. Please see the downloadable handout including all three prompts. During the second hour of the workshop we will do one 10-minute writing session on **Vision Prompt 2** and then registrants who want to will have an opportunity to share their written visions with our fellows.

At the end of Saturday's workshop, the workshop leader will describe **Vision Prompt 3** to prepare and have ready for Sunday's session. Everyone who wants to can then stay on the video conference for another hour to continue discussing **Visioning in Words**.

On Sunday, March 7<sup>th</sup>, we will share our **Visioning in Words** writings on **Vision Prompt 3** and discuss ways to clarify our visions, and to make them more precise, as we ready them for **Visioning in Numbers**.

During the first hour, the workshop leader and moderator will share their visions with the group, then the workshop leader will share the process she followed to create hers. After a brief period of the workshop leader and moderator sharing how feedback might be given, a full hour will be spent on sharing visions and receiving feedback and support from fellow participants.

As we close, the workshop leader will suggest next steps related to **Visioning with Words** and to further assist registrants as they prepare their visions for the next weekend's workshops on **Visioning in Numbers**.

Everyone who wants to can then stay on the video conference for another hour to continue discussing both **Visioning in Words** and preparation for next weekend's workshops, **Visioning in Numbers**.