

# Battle for Your Heart

## Team Preparation

### TEAM MEETING 1

#### Before you meet (all team members)

- ✓ Spend approximately 30 minutes considering your life story and what you'd like to share with the team. What will help them understand who you are and where you are on your journey with the Lord? Try to think beyond facts and details to who you are as a person and your hopes and expectations for the retreat and the Battle for the Heart process.

#### Week 1 Team Meeting Objectives

- Begin establishing trust among the team as you share authentically about who you are and where God is leading you on your spiritual journey
- Cover any logistical details that need to be worked out as a team

#### Heart Check (15 minutes)

Each person gives a short (2-3 minute) update on how you are coming into the meeting. Are you in a good place? Distracted? Experiencing challenges that have you discouraged? What kind of support do you need from your team?

#### Main Discussion (60-90 minutes)

##### SHARING YOUR STORIES

Each person has about 15-20 minutes to share a bit of your personal story. Here are a few questions that can get you started.

- Where did you grow up?
- What was it like growing up in your family?
- What were several positive and negative experiences you faced growing up and during your early adult years?
- What do you enjoy doing outside of work or school?
- What are your expectations for the retreat and follow through process?

For those listening, what questions do you have as this person shares? What are some questions you might ask that will help your team member get in touch with how their story has affected them?

## Administrative Details and Check-in (15 minutes)

Are there any details you need to discuss related to transportation to the retreat center, departure times, etc.?

Have you finalized dates, times and locations for your remaining team preparation meetings?

Have you begun thinking through a potential regular meeting day/time for the follow through process (14 weeks)?

Has everyone on the team received and begun working through their personal preparation material?

COVID – teams need to review safety measures in place at the retreat center (see next page) and discuss how your team will handle safety and related concerns within your team.

- Team meeting space – chairs will be available in your facilitator’s room for your team meeting. They can be taken outside or to a more open indoor space. Discuss within the team each person’s comfort level with meeting indoors versus out.
- Masks – will be required when moving around indoors (coming into contact with other teams), but not when sitting at tables. Discuss each team member’s comfort level with wearing vs removing masks while at the table. (Note: each teaching session is followed by a time of personal reflection, so the amount of time spent at your table with your team is generally about an hour before you’re dismissed and able to walk outside.)



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## SAFETY PLAN

*The Safety Plan outlined below is subject to meeting limits outlined by the state of Alabama and may be adjusted to align with current state regulations.*

**The Battle for the Heart is an in-person event. In light of the current health concerns surrounding COVID Wellspring Group will observe the following safety plan:**

- Alternate cancellation policy is in effect
- Each participant will sign a waiver form upon arrival indicating that they haven't been running fever or had a known exposure; if a team member becomes sick at the last minute and cannot attend, they will have the option to participate in hybrid/streaming format. The team would be responsible to conference the quarantined group member in for small group time
- Individual room keys will be cleaned in advance by 4H staff and placed in an envelope with the corresponding name
- Hotel rooms will not be cleaned/refreshed during the course of your stay but fresh towels will be available as needed
- Food will be served in disposable containers by 4H staff with required safety precautions in place Face masks will be required in large group teaching sessions
- We will make every effort to have hand sanitizer and disinfectants available to participants at all times, however participants are encouraged to bring their own supplies as needed
- Teams will still sit together at a single table, but there will be a separation from tables of other teams
- Event participants may be spread across two meeting spaces at the facility to maintain adequate social distancing. As a result, participants may experience teaching through a combination of live-in-person and livestream-via-video conference
- Separate sick room/space will be available in the event one or more persons becomes sick and needs to be isolated until he/she is able to leave the facility

***Safety Options -left up to the small group's discretion:***

- The use of masks during small group times is optional unless required by law.
- Chairs for small group meetings will be located in facilitator's room, but groups are permitted to move to an alternate space that provides for privacy and quiet. If groups are planning to meet outside, they should consider additional items they may need to bring (light source, heavier jackets, etc.).
- In the main auditorium of the facility and in the dining hall, teams can spread out as much as space permits utilizing both sides and the front around their table.

*Note: While every effort will be made to provide a safe environment, there is no way Wellspring Group, its board or Alabama 4-H center can provide a risk-free environment. Individuals are responsible for taking additional steps (beyond those outlined here) to ensure their own safety. In the event a situation arises at the retreat which causes concern, please bring it to the attention of Wellspring Group or Alabama 4H Center staff.*