

Book Club Outline

Your LION Inside:

Tapping into Your Power Within

✓ Recommended Set-Up

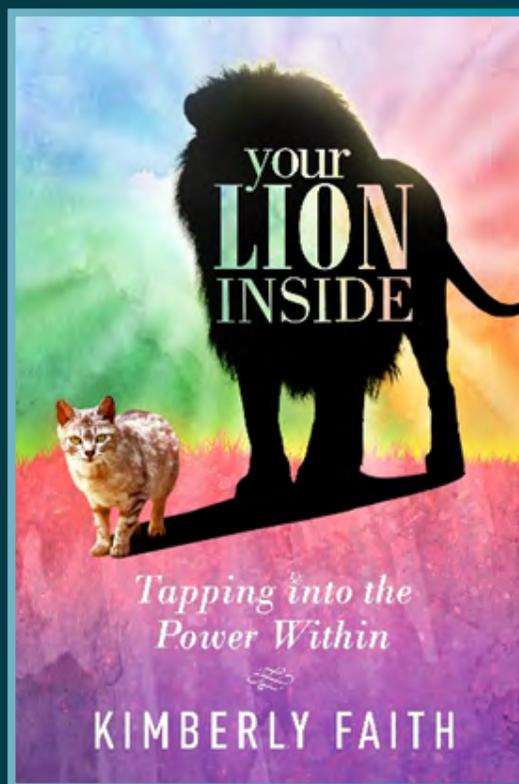
Successful book clubs do well with six to eight sessions over a period of time. Every two weeks is ideal because members can build momentum in creating opportunities to apply the learning.

✓ CORPORATE Allow 1 power hour

- **7 min** – intro comments and set-up
- **45 min.** – book discussion while you eat
- **7 min** – applying the lessons to the real world

✓ PERSONAL Allow 1 ½ - 2 hours

- **30-45 min.** – social time (eat, drink, network)
- **45 min.** – book discussion
- **15 - 30 min.** – applying the lessons to the real world



✓ Share Goal of the Book Club at the First Session

It is an invitation to uncover unconscious beliefs that could be standing in the way of the life YOU were designed to live. The intention of the book club is: inspiration, awareness, and transformation – personally and/or professionally.

Ideas for Hosting the Book Club

✓ With a leader

- Rotate discussion leaders each month—maybe it's the person who commits to lead the next gathering or the one who schedules/reminds every one of the gathering.
- Appoint a permanent leader: some clubs have a member who enjoys leading or facilitating the discussions and has a real gift for doing so.

✓ Without a Leader

- Take turns going around the room, allowing each member to talk about his or her experience reading the book using the suggested conversation starters below.
- Hand out index cards or post it notes. Ask everyone to write a question or observation; then select one or more to discuss.

✓ Thoughts about Location

When possible, host the book club a place that is informal and encourages conversation. Meet somewhere where there is a lot of light. Studies show light sparks creativity and new ideas. Private, off the beaten path spaces allow for confidentiality and robust conversations.

✓ Tips for Facilitating an Open Discussion

- It would be helpful to start each session reminding everyone of **the power of the breath**. Create a practice of beginning with a breathing exercise of taking three slow, long, deep breaths together so the group can ground their energy, shift their focus away from the busyness of the day, and collectively enter into the discussion with the highest good for all.
- **Be mindful of body language** showing that you are open to the ideas being discussed. Try not to shy away from discussions that feel odd because many of the concepts in the book new and will take time to adjust the auto-pilot response to which we are all accustomed. Acknowledge feelings as they arrive and remind the group that our feelings are a barometer for what our bodies want us to know – like our internal personal intelligence agency.
- **Be aware of “absolute” language** like – must, have to, can’t, need, should. Strong language like that is usually an indicator of a mental model hidden deep down. The purpose of the book, and the club, is to shift everyone’s mindset to the power we DO have.
- **Ask for volunteers** to help. You are not on this journey alone. Ask for help with the following: time management, watching out for the ‘mean girls of our mindset’, and someone to keep track of unanswered questions to share with the author. A photographer/social media coordinator would be fun too.

✓ Spot the Narrative in the Real World

Encourage members to bring headlines, articles, and other supporting materials that show how the Narrative is showing up in their world. Remind them the book and the book club provides a new lens to ‘see’ the world. Some have an easier time seeing the Narrative than others so real live examples can be powerful!

✓ Kim is here to support you!

Remember, I am here to support the learning journey every step of the way. As discussions arise, feel free to email me questions, ideas, and random thoughts. I can develop additional learning materials, worksheets, articles, videos, etc. as the process unfolds. We are partners on this learning journey together. My number is **864-993-3143** and email is **Kim@KimberlyFaith.com**.

Book Club Guide

Each session can be easily guided using three basic questions. Encourage members to share personal stories and real world examples.

- ✓ What resonated with you about what you read?
- ✓ Where did you feel uncomfortable or wanted more insight?
- ✓ How can the learnings inspire you to tap into YOUR power within?

Session 1 - Kick-Off (covers opening of the book thru The DNA of Thought)

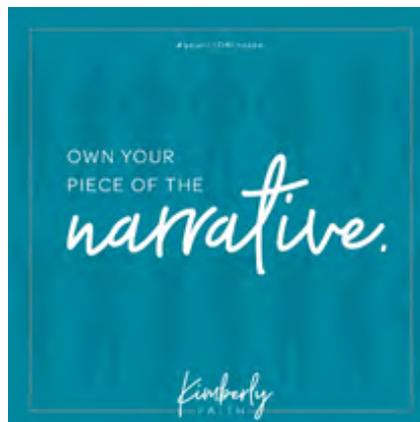
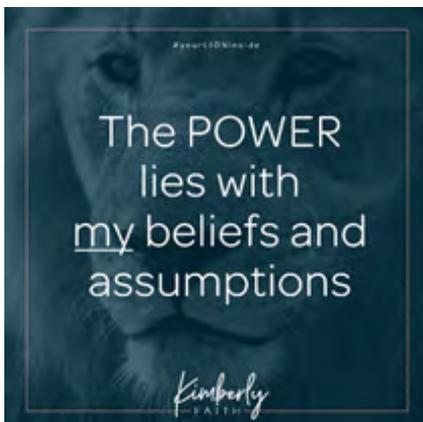
- How did you feel about the concept of 'the Narrative'? Did you realize we are still carrying beliefs from the previous generations?
- How did the idea of Victimhood vs. Victory or Powerless vs. Powerful strike you? When have you felt powerless and how did it feel?
- Did the Mean Girls of Our Mindset sound familiar? When and how do they show up?
- Where do you see examples of collective change in society today (i.e. women's march, international women's day)? Are those effective? Why or why not?
- What did you think of balancing individual change AND collective change?
- How does it feel to realize the glass ceiling is also a mirror? Have you ever found yourself placing blame on something/someone else?
- Have you ever considered unintended consequences before – why or why not?
- How do you feel about being "powerful"?

✓ Additional Materials Available for this Session:

Email Kim@KimberlyFaith.com for these materials to be shipped or emailed:

- 3-d glasses to re-enforce the concept of "seeing" through a new lens
- Black and white illustrations shared in the book ([fishbowl](#), [dominos](#))
- Inspiration guide available for download
- Link to [author video](#) after Glass Ceiling Chapter

Available Quotes to inspire the club members (before or after session):



Session 2 - The Toolkit & Meet Kari

- Do you understand the concept of mental models and how blinding they can be? How often do we move through life being unconscious vs conscious? Do we make better decisions when we are conscious?
- Why do you believe the seven mental models were introduced as a Sisterhood?
- What has been your personal experience with sisters or a sisterhood in your life?
- How did you feel about the red, yellow, green mindsets being shared as a traffic light analogy? Does judgement sometimes blind us to seeing the world another way?
- The inspiration guide shows three distinct columns - Awareness, Choice and Freedom - who desires more freedom in their world? Why?
- When reading about Kari, what resonated with you? When has the expectation for perfection stood in your way? How does perfection show up in our world (i.e. Pinterest, photo editing apps, etc.)?
- What are some unintended consequences of the expectation of perfection?
- How do feel about the three simple words "I am enough".
- How does the Narrative about women relate to those three words?

✓ Additional Materials Available for this Session:

Email Kim@KimberlyFaith.com for these materials to be shipped or emailed:

- Copies of the [inspiration guide](#)
- Copies of the 3-d glasses to share
- Link to [author video](#) after The Toolkit

Available Quotes to inspire the club members (before or after session):



Sister 3 – Meet Ranee & Gabriella

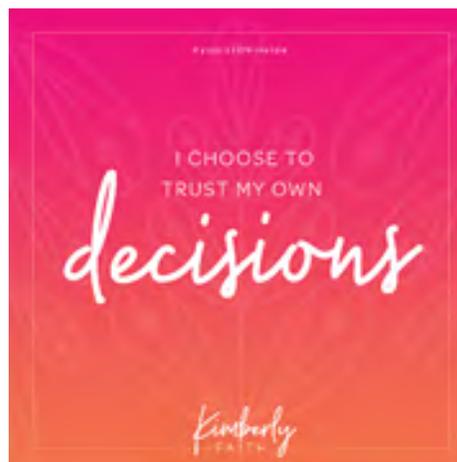
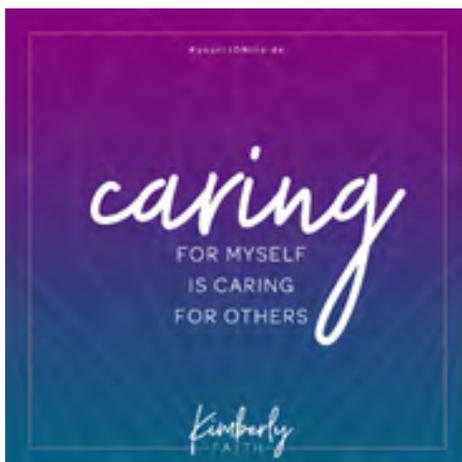
- Which sister do you relate to most?
- When have you been trapped by Ranee's mindset of I have to meet all demands? How does this show up professionally?
- Have you ever jumped in to do something like Ranee and realized later you had other options?
- Gabriella encourages us to think about when we hold ourselves back by seeking permission or approval. How does that show up in life personally? Professionally?
- Why have many of us learned not to trust our own decisions?
- What is the difference between moving forward WITH confidence vs. IN confidence? (tie back to the cover of the book with the light shining from within)
- In the sections titled "Looking Farther Down the Road" did any of the unintended consequences surprise you? Why or why not?
- Was there specific advice from the follow up interviews with Ranee or Gabriella that really hit home?
- Looking at the logos for each sister, what messages can we take away?
- How does moving into the green zone of freedom for Ranee and Gabriella inspire us to tap into the power within?
- What one action will you take this week based on what we have discussed today?

✓ Additional Materials Available for this Session:

Email Kim@KimberlyFaith.com for these materials to be shipped or emailed:

- Link to [author video](#) after Gabriella
- Ranee and Gabriella logos to be printed in color
- Copy of book cover to focus on light shining from inside out
- Print affirmations from those chapters to discuss or pass out during session
- Play a song from the song list or show one of the true story videos

Available Quotes to inspire the club members (before or after session):



Sister 4 – Meet Darsha & Avalene

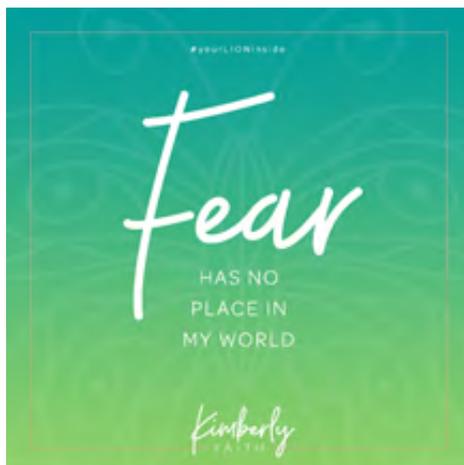
- Which sister do you relate to most?
- When have you been trapped by Darsha's mindset of I should accept what is said? How does this show up professionally?
- How is the #MeToo movement rooted in Darsha's mindset? Encourage members to share as many real world examples as possible.
- Avalene reminds us that we sometimes believe we are not qualified enough. Has that belief ever stood in your way? How can we support each other to grow beyond that in our professional world?
- Avalene's green mindset of there is enough for me and you reminds us that we are in this together. Why do women forget this sometimes and how can we do a better job of supporting each other?
- In the sections titled "Looking Farther Down the Road" did any of the unintended consequences hit home? What impact do these beliefs have on our sons or daughters?
- Was there specific advice from the follow up interviews with Darsha or Avalene that you would like to share with the group?
- Looking at the logos for each sister, what messages can we take away?
- How does moving into the green zone of freedom for Darsha and Avalene inspire us to tap into the power within?
- What one action will you take this week based on what we have discussed today?
- Any insights as to how the Narrative has showed up lately?

✓ Additional Materials Available for this Session:

Email Kim@KimberlyFaith.com for these materials to be shipped or emailed:

- Darsha and Avalene logos to be printed in color
- Print affirmations from those chapters to discuss or pass out during session
- Play a song from the song list or show one of the true story videos

Available Quotes to inspire the club members (before or after session):



Sister 5 – Meet Jalila & Nikki

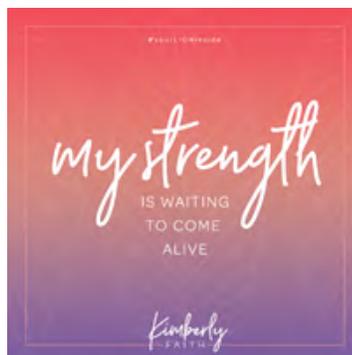
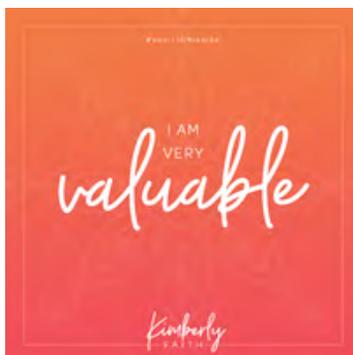
- Which sister did you connect with most?
- Jalila is often blinded by busyness – can anyone relate? What does busyness do to our ability to connect the dots and see the big picture?
- How comfortable are you in advocating for yourself? Why do women struggle with this?
- Let's discuss the hidden message behind CARE (show quote). Why do we care for everyone else before ourselves? Looking farther down the road, what does the lack of self-care do to us?
- What did you think of Nikki's red jacket moment? Have you ever been hesitant to "be seen"? Do you have a red jacket moment to share?
- In the sections titled "Looking Farther Down the Road" did any of the unintended consequences hit home? What impact do these beliefs have on our sons or daughters?
- Was there specific advice from the follow up interviews with Jalila or Nikki that you would like to share with the group? What about the phrase "this was a trust exercise with myself"? What does trusting ourselves mean?
- Looking at the logos for each sister, what messages can we take away?
- How does moving into the green zone of freedom for Jalila and Nikki inspire us to tap into the power within?
- Is anyone using the affirmations? What is your favorite one?
- What one action will you take this week based on what we have discussed today?
- Any thoughts about how the Narrative has shown up in your world lately?

✓ Additional Materials Available for this Session:

Email Kim@KimberlyFaith.com for these materials to be shipped or emailed:

- Jalila and Nikki logos to be printed in color
- Print affirmations from those chapters to discuss or pass out during session
- Print CARE quote for discussion
- Play a song from the song list or show one of the true story videos

Available Quotes to inspire the club members (before or after session):



Cherish and
Accept
Respect and support
Every time its offered

Session 6 – How the Sisterhood Comes through Before I Knew the Sisterhood

Let's dissect the various stories we read in these sections:

- Any thoughts about how the Narrative has shown up in the world lately?
- What resonated with you about the tooth fairy story between the 5 year old daughter? Why is it helpful to have a sense of humor about these realizations?
- Did anyone relate to Flora's story about how disability was standing in her way? When have you experienced this same kind of block?
- What about the car story with the author – have there been times men in your personal life have said or done things that made you feel powerless? What do you do when those situations arise?
- What role does Fear play in our living in the red zones of the sisters? How does it show up and how to find the confidence to shift?
- Did you laugh at the story about the 101 year old mother and the hair brush story? When do you make life harder than it has to be? Can we see how some of the mindsets from a generation ago is still with us?
- The loss of a sister Kailyn was meant to start us thinking about how the quest for perfection is harming us – emotionally and physically. Have you met any Kailyn's in your world?
- What about the author's personal story with Sassytails? Have there been times when you have placed yourself in a cage with no back? When have you experienced a significant loss in your life and how did you turn it around? What mental models or sisters did you shift?
- When does the DNA of thought show up in your life – a belief that was handed to you by someone in the past? Think of a personal or professional example to share with the group.
- What about the author's 3 transformational discoveries?
- Offensive vs. Defensive
- Respect is an inside job first
- Create a life of choice
- What nugget will you take away today to tap into your power within?

✓ Additional Materials Available for this Session:

Email Kim@KimberlyFaith.com for these materials to be shipped or emailed:

- Link to [author video](#)
- [Cage illustration](#)

Available Quotes to inspire the club members (before or after session):

TO BE DEVELOPED

Session 7 – When We are Tempted to Give In through The Conclusion

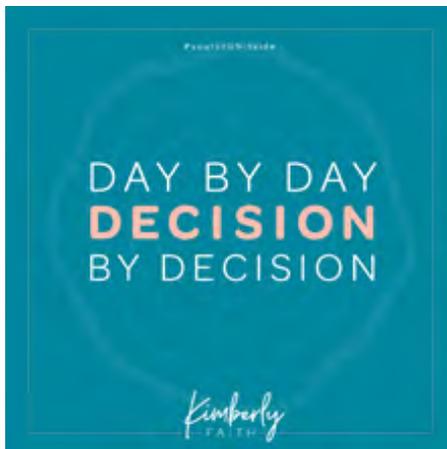
- Giving in vs. leaning in: ask everyone to think about the last time they considered giving in – go around the room to see how recent those experiences were.
- Have you ever thought of yourself as an atom for change? What is an atom and how does it relate to what we have been discussing in this book club?
- Birthing children has been an issue in our world but what about birthing movements, new realities, etc? Did this idea resonate with you? Why or why not?

✓ **Additional Materials Available for this Session:**

Email Kim@KimberlyFaith.com for these materials to be shipped or emailed:

- Change the station on your self-talk radio [illustration](#)

Available Quotes to inspire the club members (before or after session):



Session 8 – Ways to Rewrite the Narrative

- Briefly discuss the three step process of Pause – Reflect – Choose. Tie it into the concept of the Pivot Zone mentioned earlier in the book.
- Discuss each example one at a time -
 - The Susana story - immigrant, unapologetically a woman
 - The Vivian story about Ageism
 - The Conference Story about Sara
 - The Story about the Largest Fraternity in the World by Kathy
 - Reese Witherspoon's Discovery
- When have you faced these “intersections” in your personal world?
- When have you faced these “intersections” professionally?

✓ **Additional Materials Available for this Session:**

Email Kim@KimberlyFaith.com for these materials to be shipped or emailed:

- Pause, Reflect, Choose worksheet (TBD)
- Link to [author video](#)

Available Quotes to inspire the club members (before or after session):



Additional Materials Available for this Session:

- ✓ A Global Perspective of the Sisterhood
- ✓ Changing the World for Our Daughters and the Younger Generation – link to [author video](#) for A Fabulous Fable
- ✓ Change our Words, Change our World
- ✓ 2020 is 100th anniversary of women's right to vote

Random ideas to energize the group

- Take a photo at each book club and post on social media to encourage others to become involved. It could also help raise your visibility. Feel free to tag the author @KimberlyFaith1 on Twitter, Kimberly Faith on LinkedIn, on Instagram or comment on the Facebook Author page . Or use the Twitter hashtags throughout the book.
- Share the top three take-a-ways from each book club to email out to the women's network. Encourage members to share success stories at each gathering. Maybe even develop a point system to create some fun to reach a "goal" by the end of the book club. Even simple prizes could be fun!
- Offer a prize at each club meeting for someone who "Spots the Narrative" and ask the group how it could have been handled differently to shift from victimhood to victory or powerless to powerful.
- Suggested book for next round: That's What She Said