



Self-Led Project Pilot Group Q&A

Q: Who is the Self-Led Project pilot program for?

A: The Self-Led Project pilot program is for those who are interested in either putting themselves on a path of personal transformation or for those who are already on such a path. The one-year program uses the concepts of the Internal Family Systems model, but a working knowledge of the model is not required for participation. Newcomers to IFS will enjoy an introduction to the model that is both easy to digest and highly relatable for practically anyone.

Q: What can I expect to happen in the pilot program?

A: You will be in a group of up to ten participants. You will receive an email prior to each session with the program content you will need for that session. You will need a notebook, a three-ring binder, or a digital device to do the work in each exercise. You will be doing exercises between sessions using your own life experiences to learn from. Group sessions will be used to read and discuss program content, to discuss the exercise from the previous session, and to demonstrate the exercise for the current session.

The one-year program isn't complete yet. I expect to have my final edits completed over the next few weeks. I expect there to be over 30 exercises. Over the course of the nine sessions that make up the pilot program, we will get as far into the one-year program as we can get, working through the content together in the order that it is presented in the program workbook.

You will receive an email each week with links to the most current content that you will need for the next session. You will be able to print it out and/or save it to your digital device.

At the end of the pilot program, you will be offered an opportunity to enroll in the one-year program which includes the content covered in the pilot program.

- [Click here for a projected curriculum for the pilot program.](#)
- [Click here for the current Table of Contents for the Self-Led Project One Year Group Coaching Program.](#)
- [Click here for an introduction to the Self Led Program.](#)

Q: Where will the groups meet?

A: All group sessions are virtual. We will meet online using Zoom Video Conferencing.

Q: Is it different than the two groups we are already doing?

A: If you have been participating in the free Parts Work Practice groups, you know that we have been using the Self-Therapy workbook by Bonnie Weiss as the content for our sessions. The Self-Led Project is a coaching program, and the nine-week free pilot uses all new content created by Self-Led Project and Personal Development Coach, Bill Tierney.

Successful participation in both the pilot and the one-year programs will require a commitment to do the work. Passive participation may yield greater intellectual understanding and an opportunity to enjoy some fascinating conversations and coaching. But participants in the Self-Led Project will be expected to actively participate by doing the reading, self-research, and exercises described in the program workbook.

Q: Why is the pilot program free?



A: While I have used some of the content in the Self-Led Project with individual and group coaching clients in the past, most of the content is new. I am offering this nine-session pilot to you because I need your help to fine tune the logistics of delivering this new content.

My experience with you and the other group participants will provide me with an empirical experience that will help me deliver a quality program to those who enroll in the one-year Self-Led Project.

You will be asked to complete a survey after each session to provide me with the feedback I need to deliver a quality experience with effective, results-driven content.

Participants are not expected to enroll in the one-year program. I am confident that your experience in the pilot program will be powerful and stand on its own even if you don't continue.

Q: Why now?

A: The Self-Led Project was my Covid project. I've been working on it for the past year, and it is ready to start making a difference in the world. Eventually, I'd like to make the Self-Led Project the premier centerpiece of my coaching practice.

I am just putting the finishing touches on the workbook and need some help testing out the content and structure of the program. Those who participate in the pilot will play an important role in shaping the final version of the Self-Led Project.

Q: What commitments are required to participate?

A: I will ask all who wish to participate to make the following commitments.

1. Plan to attend Sessions 1 and 9 and at least 5 of the remaining 7 sessions.
2. Agree to complete a survey after each session.
3. Agree to confidentiality which will create safety for all participants.
4. Complete the reading, research, practices, and exercises between sessions.
5. Allow me to use your survey comments in future marketing.
6. Complete, sign, date, and return a coaching agreement to me prior to our start date.

Q: What's the end result?

A: Active participants who keep these six commitments can expect to experience an increase in self-awareness and gain access to personal qualities that may not be available now. As these qualities are accessed through increased self-awareness, participants can expect to experience increased clarity, confidence, and effectiveness in their lives.

Q: What are the dates and times for the pilot program?

A: Due to overwhelming response to my request for volunteers, there will be two pilot groups of up to 10 participants. The Tuesday group will meet from 8:00 AM to 9:30 AM Los Angeles, and the Thursday group will meet from 9:30 AM to 11:00 AM Los Angeles. Session #1 will be on Tuesday, June 22 and Thursday, June 24.



Pilot Program Dates

Session #	Tuesday Group 8:00 AM to 9:30 Pacific	Thursday Group 9:30 AM to 11 Pacific
1	6/22/21	6/24/21
2	6/29/21	7/1/21
3	7/13/21	7/15/21
4	7/20/21	7/22/21
5	7/27/21	7/29/21
6	8/10/21	8/12/21
7	8/17/21	8/19/21
8	8/24/21	8/26/21
9	8/31/21	9/2/21

[Self-Led Project One-Year Coaching Program and Coach Training](#)

Q: What is the cost of the one-year program?

A: The total cost for the one-year program will be \$3600. A \$900 initial payment is due before session one followed by nine monthly payments of \$300. A 10% discount will be offered for those who pay in full up front.

Q: What is the curriculum for the one-year program?

A: [Click here for the Self-Led Project program table of contents.](#) We will work through the 190+ page workbook together and will complete the exercises in order. I hope to get through all the exercises. The program workbook will eventually be published and available for individuals to work through independently. So, if your group doesn't complete all of the exercises by session 36, you will be able to complete the workbook on your own.

I have learned in the past that it is far better to take the time to work deeply, even if it means we don't work quickly.

Q: Is training available for coaches who wish to use the Self-Led Project in their coaching practices?

A: Yes. Group participants of the One-Year Program meet three weeks each month. In the fourth week of the month, coaches who wish to be trained to use the curriculum for their own clients will meet for training. Additionally, there will be one all-day Saturday training every 3 months. The cost for coaches to participate in the regular group and the training group will be \$6000.

Those who are already familiar and even skilled in the IFS model, will also benefit by the solid foundation that the False Shame model provides for all the new IFS coaching tools that will be found in the one-year program.