

Parts Work Practice Agenda

Yellow Highlights indicate Zoom Tech duties.

Beginning

- Meditation - In the main room, one of the Coleaders will facilitate a parts check-in meditation

5 minutes

- Welcome newcomers

10 minutes

- The Helpful Hints PDF link is posted in Chat. If you didn't take the time to read the disclosure, please download this PDF to read the disclosure after the meeting.
- Invite newcomers to add their names and email addresses in Chat if they would like to be added to Notifications and Reminders.
- A link for the agenda can be found in chat.
- I'm Noticing a part.

20 minutes

One or two of the Co-leaders will conduct a 10 to 20-minute Demo of last week's home practice. (Remind that the practice is about the Explorer, suggest that the quiet observer be time keeper and alert at 3 minutes), or

(alternatively)

Or, if there are no exercises to practice this week, we will stay in the main room to read before going to breakout rooms for discussion.

30 minutes

When we don't have a demo or practice exercise, and before going to breakout rooms, we will read the content and then brainstorm talking points before going to discussion breakout rooms.

40 minutes

On the weeks we do have a demo, we will go to Breakout rooms for 20 - 30 (13, 12 and 12) minutes after the demo.

- Breakout rooms will be populated by triads.
- Either Bill or Alison will stay in the main room to talk with new people who may not be ready for triads or anyone else who doesn't wish to go to a triad. This time can be used to educate about IFS or to practice the exercise or discuss what's up for the participant.

70 minutes (10 after)

Return to the main room to discuss demo, breakout room insights, answer questions, and talk about next week's home practice. (Vegas Rule: You are free to share your own experience from the breakout room when discussing that experience outside of the breakout room. But please don't mention the others in the room by name or comment on their experience without permission of that participant. Private chat to get permission first.)

85 minutes (25 after)

Closing meditation

We will share the Helpful Links PDF in chat. This document has links for the Parts Work Practice web page and Facebook group. We may also have some announcements.

90 minutes

End the meeting.