

Timing of Circle – Break at the end

First Hour of the 2-Hour One Command Circle – with a break at the end – Dr. Katie

Initial 25 minutes –

- Welcome and Introductions
- Ask returning members of the Circle to check in with the group by reporting on what they have recorded in their Success Journals
- Explain how The One Command[®] statement is said for the new people attending and briefly outline the 6-Steps. Practice the eye-roll.
- Answer any questions that have come up – these are often questions from the FAQs.

Next 25 minutes –

- Take turns sharing what they would like to create and help them become clear on what they want to Command to receive in their life.

Final 10 minutes - *Take a brief 'comfort break' of no more than 7-10 minutes.*

If you choose to take your snack break in-between the first and second hour do it here and make it about 20 minutes and adjust the second hour as needed.

Second Hour of the 2-Hour One Command Circle

Initial 20 minutes –

- Briefly review the 6-Step process with them if there are new people in the Circle.
- Take them through The One Command process as a group.

Next 25 minutes –

- Explain the Support Statement and demonstrate the Support Statement.
- Break them up into smaller groups of 3-5 people and monitor their process.
- Bring them back as one group for brief feedback on their experience and to answer any questions that have come up.

Final 15 minutes –

Officially close the Circle process and switch to the social interaction and snacking part of the program. You can serve any type of snack you choose. This is a time for people to socialize a bit and continue to build community.

Timing of Circle Segments**First Hour of the 2-Hour One Command Circle – with a break in the middle – Bonnie Strehlow****Initial 25 minutes –**

- Welcome and Introductions
- Returning Members Share and encourage with –
 - Woo Hoo's,
 - Whoa's
 - Oh No's.
- New Members –
 - Why are you're here?
 - What do you want to get out of this experience?
 - What do you want instead of what you have?

Next 25 minutes –

- What do you want to create tonight?
- Form the Commands.

15- 20 Minute Social break.

- Network marketing time.*
- Social meeting*
- Support group time*

Second Hour of the 2-Hour One Command Circle**Initial 25 minutes –**

- Pull the group back together with a Raffle – hand out the tickets when they sign in.
 - Collect gifts from the Dollar Store etc
 - Others can donate their products/services
 - Periodically a Gift Certificate to attend a Circle for Free
 - Or a 2 for 1 Attendance promotion

- Walk everyone through the 6 steps and let them put in their own Command in the pause or open space you provide during the command process

Next 25 minutes –

- Support Statement - Left Eye to Left Eye
- Share that this can be done at home by looking in a mirror when you want to set in a Command deep into your subconscious with support.

Final 10 minutes –

Come back together for closing comments, questions and congratulations.

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