



1.4 Form Your Tribe

- 1) LOCATION - must be convenient for you, the leader. Not too convenient ... but convenient enough to keep you consistent. If you're sitting alone at your kitchen table calling it a keto support meeting, you made it too convenient for you.
 - a) List Municipalities in your Area
 - i) Schools
 - ii) Library
 - iii) Community Rooms
 - iv) Churches
 - v) Consider asking your employer to borrow a room at your work.
- 2) Weekly - Must hold meetings weekly. It doesn't matter if no one shows up for the first several. You are doing this to set a pattern for YOU.
- 3) Keep it FREE
 - a) Lots of benefits.
 - b) Decreases the barrier to entry.
 - c) Attracts people who want to change.
- 4) Start thinking of an accountability partner.
- 5) No food at keto group.

PURPOSE OF MEETINGS

- 1) To Connect (not to educate)
 - a) Keep your focus on relationships and human connections. This decreases the burden on the leadership & provides the most important reason for a group: SUPPORT. Show your example - even when it is flawed.
 - b) Do not gossip.
 - i) Help attendees stay focused on themselves. Share their stories and their struggles - do not advise others. The education is in the sharing of personal stories.
 - ii) Share your own thoughts and feelings with focus on your own issues. Limit advice to others by sharing **your** experiences.
 - c) No cross-talk. A separate conversation with your neighbor limits the sharing. Bring forth your comments in a way that all can hear and participate.
 - d) Anonymity and confidentiality are basic requirements. Share the education learned in ketoCONTINUUM without sharing identity.
 - e) Veterans of the meeting check-in first. Newbies wait to introduce yourself until you've seen several examples of how it works.
 - i) Leadership should lead the way by sharing first. This provides a prototype for others in the group to follow.
- 2) Extend Grace
 - a) Grace = a disposition of kindness and compassion.



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- i) When listening to the struggles of others, think about this word. GRACE. The culture of grace grows through example. Fill the meetings with words of forgiveness when you screw it up. Show one another how to start over, and keep trying.
 - ii) When you fail, extend grace to yourself. When others fail or struggle, do the same. This creates a very welcoming environment for learning how to change behavior.
- 3) Curriculum
- a) Do not create KETO lessons.
 - i) Use existing resources from credible people to teach. The burden to become the keto teacher will wear out the leader. Don't do that. Your job is to gather people and show your example - even when it is not perfect.
 - ii) Leaders should share resources ... not become the Keto teacher. The burden is too heavy. Lean on others for teaching resources.

(Resources to follow in upcoming lessons.)