



INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

Week 1 Transcript: Introduction

Welcome! I am beyond excited to embark on this journey together within our vibrant community. And, I want to acknowledge the bold courage it took for each of you to say yes to the possibility of transformation and connection within this Integrate to Live membership community.

This program will create change in any and every area of your life that you desire it to. And, I believe it will change the way you think about resilience and what it means to live a meaningful life.

I encourage each of you to begin this process from a place of curiosity. To take on the stance of a “beginner” as you acknowledge the old way isn’t working anymore and you open yourself to experience something new and different.

If we were all gathered in the same room together we’d have a conversation about how we want to be together in this process. It’s essential to agree upon a few basic guidelines to create safety and ownership in a group like this. And, I want each of you to feel like you can engage with your own process, as well as the group process, in the best way possible.

So, that’s what we’re going to do this week. We will create our alliance as a group and share introductions on our members-only group page.

Can we agree to have complete confidentiality? You are free to share your story, but please don’t share anyone else’s from our group.

What if we practice withholding judgment? No fixing, caretaking or advice giving. Together, we will be curious.

A gift we can offer one another is mutual respect: everyone is at a different place on their journey. We will value and honor each other and avoid comparison. Here’s my vision: What if we created community where comparison and competition weren’t present and we celebrated the uniqueness in each other? What might that be like?



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Because this is a safe place, let's be responsible for ourselves and do the coursework exercises each week. Engaging in this work is essential to your success. You must put these new insights and tools into practice to create the change you desire. I ask for as much heart as you can muster. I'm here to support you along the way.

What else do you need to feel safe in this group? Share on the community page as we continue this conversation over there this week.

Now, to take it one step further, as we prepare ourselves for this experience, click on the link to download the action guide to support your process this week.

I welcome you and I'm glad you're here.