



## WHAT IS A TRIBE?

A small group of people (3 minimum, 5 max.) who have completed (or are currently working through) the B.L.A.S.T. Mentorship Program video curriculum. Tribes connect on a regular, recurring basis to:

- \* establish and pursue both personal and professional goals
- \* cheer one another on as you witness GROWTH in one another
- \* provide accountability, inspiration, and SYNERGY!

## WHAT COMMITMENTS DO TRIBE MEMBERS MAKE TO ONE ANOTHER?

Tribes are a place where you can be vulnerable and seek the support you need. Therefore, we ask that you:

- \* maintain confidentiality to create an atmosphere of safety and trust
- \* pray for, edify, and encourage each other
- \* speak the truth in love for the purpose of polishing and perfecting.

## HOW and WHEN DO TRIBES MEET?

Each Tribe is autonomous, and decides for themselves their best meeting time based on everyone's schedule. We suggest Zoom calls, but conference calls via phone are fine if preferred. Recording is recommended if a member must be absent from a call.

## HOW OFTEN DO TRIBES CONNECT?

We suggest that you meet monthly at a minimum, weekly at a maximum. Members will vote on the frequency of the calls at the onset of a Tribe such that everyone knows the plan from the beginning.

## HOW OFTEN DO TRIBES CONNECT WITH SHANNON?

Once each month your Tribe will schedule an exclusive coaching session with Shannon via Zoom. Each individual will have a 25-30 minute time frame to update her on goals, discuss challenges, ask questions, and seek guidance. These calls can also be recorded.

## WILL THERE BE A “LEADER” IN OUR TRIBE?

An official leader is designated when a Tribe first begins. The “baton of leadership” is passed to another group member each quarter such that each individual has approximately a 3-month period of time in which they serve as leader. The leader’s role is to:

- \* coordinate meeting times and communicate the chosen meeting method (conference call-in number and passcode, or Zoom meeting room number and passcode, etc.)
- \* keep track of time so that calls begin and end as planned
- \* facilitate the overall conversation to ensure the allotted time is shared relatively equally among all members.

## WHAT DOES IT COST TO BE IN A TRIBE?

The cost to participate in the Tribes Program is \$99 per month (billable monthly or annually to your credit card), which simply covers the cost of your group coaching time with Shannon. There is no charge for connecting with your own Tribe outside of the monthly coaching sessions with Shannon, so you’ll receive a LOT of “bang for your buck” by participating in this program!

## HOW LONG DOES A TRIBE EXPERIENCE LAST?

We ask for a 12-month commitment when you join a Tribe. At the end of that 12 months, you can either (a) continue on in the exact same Tribe, (b) ask to be reassigned into a NEW Tribe, or (c) opt out of future Tribes.

## HOW ARE TRIBE MEMBERS MATCHED TOGETHER?

Tamara Lewis will serve as our official “Tribes Coordinator.” She has designed a brief survey to help us discern your primary goals and preferences. Tamara will review the survey results, match individuals together, and introduce Tribe members to one another, appointing designated leaders for each quarter.

## WHAT’S MY NEXT STEP IF I WANT TO JOIN A TRIBE?

Polish your 1-page Bio and create a 1-page summary of (a) where you are NOW in your B.L.A.S.T. journey, and (b) where you hope to go in the future. Submit these two items via email to [Tamara@shannonethridge.com](mailto:Tamara@shannonethridge.com). She will reply with the aforementioned survey, and be in touch when we’ve identified 3-4 individuals whom we believe would make a totally awesome Tribe!