

## MABO LEADERSHIP OUTLINES

1. Before each long training to post on web board a reminder to have folks bring their MABO booklets. Post it the weekend before the training or 1 week prior, so it is fresh in people's minds!
2. MABO group meets before the check in (for 30 minutes). Late arrivals can sit outside the circle, and listen but not speak/contribute.
3. First group meeting each person introduces him/herself and gives 1-2 out-breath statement of the value he/she has received from participating in MABO activities.

At the first meeting the MABO leader describes what MABO is about for new members. Example: MABO is about noticing. Eventually that noticing becomes noticing what I notice! It is a practice of expanding awareness and becoming increasingly present. Notice attachment to the outcomes, judgments arising, doubts, self-criticism, questions about whether or not I am doing it right, etc. Notice whatever arises in me in response to what is happening. The process of noticing expands one's presence during the training, and creates a loop of connection with Katie and the participants. MABO trains/hones us beyond these meetings (in our lives at home/work) to become fully engaged in what is occurring/happening in the moment.

The first exercise, when welcoming new members to MABO, might be Loop of Awareness, followed by moving activities, breathing, and invitation vs. imposition. After a couple of days, group members select the activity.

Each member is invited to share their experiences/noticing the next morning, with 1 or 2 out-breaths. When each person has had a chance to speak, if there is time, members can elaborate on further learning or experiences.

The MABO leader pays attention to time and leads the group by reminding members of the agreements to keep it short initially (1-2 out-breaths), be on time, end on time. The MABO leader supports those who request/require additional feedback, keeps folks on the subject, especially if drifts arise or story-telling occurs. The Leader gently guides folks back to the practice of noticing whatever tendencies arise in sharing, etc. and keeps the meeting on track.