



# Catalyst Cohort

– A four-month immersion in leadership, facilitation, + curriculum development –

*A groundwell of creativity, collaboration, and community.*

The Catalyst Cohort is an in-person immersion for changemakers, creatives, healers, and circle-holders ready to lead with intention and impact.

Over four months of face-to-face gatherings, engaged learning experiences, and personalized one-on-one mentorship sessions, you will sharpen your facilitation skills and design an original program that is a true reflection of your deepest offer.

There is no need to create in isolation, rely solely on intuition, or simply borrow from others, not knowing if your lessons will land and resonate. Take the guesswork out of it. Make it your own, and make it matter.

*"If not you, then who? If not now, then when? If not this, then what?" -Kristin Fritz*

*Let's circle up.*



# Topic Areas

During our 1:1 mentorship sessions, we will dive into the unique details of your program language, logistics, and launch. During our three in-person immersion weekends, we will cover the following topics (and more!), rooted in a pedagogy of engagement.

- Appreciation vs. Appropriation
- Befriending Feedback
- Creativity-Infused Lessons
- Engaged Listening
- Facilitating Difficult Conversations
- Group Dynamics
- Knowing Your Unique Audience
- Leading with Questions
- Maintaining Calm in the Chaos
- Powerful Openings and Closings
- Setting the Foundation
- Strength-Based Facilitation
- Structure + Spontaneity
- Your Story + What You Bring to the Room



# What's Included

- Three weekend-long in-person sessions with our Cohort (approximately 48 training hours). May-August. (*We will gather in-person in May, June, + August*)
- Four one-on-one hour-long mentorship sessions with Anya to craft your unique curriculum
- An intimate Cohort of supportive peers
- Monthly peer-to-peer accountability and support
- *A Catalyst's Companion* – Extensive Resource Guide
- All the steps needed to graduate with your own program curriculum, ready to teach
- A guided action plan for your program launch
- Vibrant, healthy snacks throughout each day
- All art materials and supplies provided
- Designation as a Catalyst Cohort graduate

# Investment

The Catalyst Cohort costs \$5,000.

A non-refundable deposit is due to hold your spot.

Payment plans available.

# Yes!

When you say **yes** to joining the Catalyst Cohort you say **yes** to four-focused months of support, community, and collaboration.

You say **yes** to creating a program that brings your unique vision to life.

You say **yes** to being directly of service while nurturing your right livelihood, sparking inspiration, and truly catalyzing engagement and transformation.

**We begin in May 2019.**



Hone your leadership capacity.  
Hold space for change and transformation.  
Harness the power of community.

**Schedule a free consult and we'll chat through any questions you have.**

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