



Course Structure

Each course is limited to 8-10 participants, overseen by 2 facilitators

The group needs to be large enough to allow for diverse conversation but small enough to allow for intimacy and vulnerability. Facilitators prepare the course materials for the participants and assure that conversations stay close to the path.

The course is conducted through 8 sessions scheduled regularly across 8 weeks

The course is designed such that each session builds upon previous sessions, and a core goal of the course is to build community. Therefore, participants need to commit to allotting time and space to be present at each of the sessions. We recognize and be accommodating to the fact that the best laid plans are just plans, and that situations may come up where it will be necessary for attendees to miss a session. In these cases, the material in each session can be 'made-up' by reviewing the videos online and through use of the handouts, but this is not ideal for the participant or the group.

Each session is 90 minutes long and broken up into three sections:

Discernment & Epiphanies

- A chance to share results of personal reflections from the previous session and the previous weeks' exercises.

Selected TED Talk video

- One or two TED talks curated to address the session's specific topic.
- The videos are generally no more than 20 minutes long and feature great presentations and presenters.

Group Discussion

- The focus is primarily on sharing personal stories, with discussion.
- No “fixing” people or problems. No debate. No judgement.

Between sessions, there is homework

Each participant is given homework at the end of the session in the forms of **Questions for Discernment** and **Exercises**. Which of the exercises you choose to do is optional, and there is no review or grading; the homework is meant to keep you engaged on the week’s topic between sessions. There are also “Side Trails” of additional TED Talks that you can investigate as desired.





Roles of the Facilitators

Shared Leadership

We strongly recommend that the facilitation of the course be shared between two individuals; one acting as the 'leader' and one as the 'anchor'. On a traditional hike along a path, the leader stays in the front of the group and points the direction, while the anchor stays at the back of the group and makes sure no hikers stray too far from the path. In our paradigm, the leader is focused upon presenting the material, whereas the anchor is focused upon making sure the participants are connected and getting the opportunity to be heard. You may alternate roles or hold the same roles throughout each of the sessions, as suits your preferences. Either way, sharing the tasks between two people greatly reduces the workload. In addition, if an emergency arises, you can each 'cover' for the other.

Facilitating

Note that the course is 'facilitated' and not 'instructed'. There are no 'correct' or 'incorrect' thoughts, ideas, beliefs or statements to be taught or corrected. By and large your role as a facilitator is to allow the participants to respond to the materials and each other in an organic way. Remember that the purpose of this course is to grow in HECK; the participants that signed up already have an interest in modelling that behavior. The ideal group is one in which you can simply get out of the way and 'let it happen.'

Planning

We recommend that the facilitators meet in private for at least one planning meeting, a week before the first session. During that time, you should discuss the facilities, equipment, and the schedule to make sure that all arrangements have been or will be ready. You should also discuss how you will work together and play off each other's strengths.

Communicating

Between the sessions, we recommend that the facilitators schedule a regular time to have discussions regarding the previous session and the upcoming session. What went well during the last session? What did not go as well as it could? Are the extroverts dominating the introverts? Is everyone feeling positive about the experience to date? What should you be prepared for in the next session?

It will also be a great benefit to the participants for the facilitators to send notes and reminders to them between sessions. These can easily be done as a group email and should include:

1. Encouragement and a positive outlook on life — share something from your week.
2. A link to this week's homework from the web site. (A *gentle* reminder to keep working between sessions.)
3. A preview of the upcoming session and a reminder of the start time & place, and any changes in those from the last session.

Support

Do you have questions? Need some help? Want a pep-talk? We've got your back. Email us at mentor@onthepathtoheck.org.





Session Format

Call to Become Present

As participants arrive for each session, there will be the inevitable chitchat, pleasantries, and catching up. We don't want to discourage this, as it is very important toward building a close group. On the other hand, we want to be respectful of people's time, and accomplish what needs to be accomplished in the time allotted. Therefore, at each session start time, it will be helpful to have an explicit signal that the session is beginning. Some groups use an audio signal of a pleasant chime, others use the visual sign of the lighting of a candle, etc.. Feel free to use a signal that works for you, but please use it consistently to start each session. Following the signal, please take a moment or two to encourage the group to turn off the outside world (especially cell phones!), pause silently for a while, and relax. We all need to let go of the stresses of the day in order to focus and be present in the group.

Epiphanies

Except for the first session, all of the sessions start with a time for discussing Epiphanies. This is the opportunity for those that wish to share their progress over the last week with the group—what they thought of when reflecting on the Questions for Discernment and what the results were from any of the Exercises. Since the course is designed to open the participants to recognizing and embodying HECK throughout their daily life, a great measure of the growth of the group is to never seem to have enough time for Epiphanies. That is OK. Other than leaving enough time for the TED sessions, feel free to allow this discussion to run its natural course.

Epiphanies are a time for individuals to share their progress, but it's also a time for individuals to *not* share if they do not wish to do so. We are all in different places in our lives

and we all have a different capacity for opening up to others. A humble individual does not play the game of one-upmanship, nor does an empathetic group put a member 'on the spot.' As a facilitator, your job is to allow everyone to be heard *that desires to be heard*.

Video Presentation

It will be important for the facilitators to have previously watched the TED talks before each session, especially for the anchor facilitator who should be watching body language and measuring the reactions of the participants during the group screening. The TED talks are not selected to be controversial, but everyone has their own emotional triggers. Some of the TED talks are very inspiring, but some will also bring up negative emotions. People may have very strong reactions to them; be aware and prepared.

Please be cognizant of any issues with participants with hearing loss. Asking the group if it would be helpful to turn on the closed captioning can go a long way toward helping those with imperfect hearing feel welcome while also being respectful to those that prefer no captioning. Note also that the transcript for each TED talk is available online and can be printed and given to those that might want or need a copy. Please print those out and bring enough copies to the sessions for those that may request them.

Make sure to allow enough time to view the TED presentations during the sessions. It is important that the TED presentations be viewed by the group collectively as a shared experience. If participants are unable to attend a session, please encourage them to catch up by emailing them the Participants Notes for the missed session.

If your Epiphanies section is repetitively going long, you might be tempted to regularly skip the in-session viewings in favor of home viewing. We would *strongly discourage* this practice as watching the TED talks at home will not have the same impact as watching them together.

Discussions

Following the TED talks is a discussion period. It is best to allow anyone who has an immediate or urgent desire to say something to get it out. From there the discussion should

largely be allowed to go where it will. Two general ideas should be discussed after each video, so that participants can visualize the path in front of them:

What rings true from this presentation? With what do you disagree? (It is OK to disagree)

What do these videos have to do with being Humble, Empathetic, Compassionate, and Kind?

This is the time when you as facilitators will need to work the hardest maintaining balance. You will need to keep the discussions active but not feel the need to break the silence yourselves. You will need to make sure that everyone is able to share that wants to but not feeling pushed to share more than they desire. You will need to listen and contribute as a participant but place the participation of the others ahead of yourself. Most importantly, you will need to model Humility, Empathy, Compassion, and Kindness in your leadership of the group. It's a lot of work, but that's why there are two facilitators. Facilitators need to be good teammates and help each other out.

If the group gets 'stuck' without the ability to keep the discussion going, it may be worthwhile to ask one of the Questions for Discernment from the Homework to encourage the group forward. The Questions for Discernment are meant to lead individuals in a general direction based upon the content of the video (see the Session Notes for more details). You may find that the presentation takes your group in another direction. Either is fine as long as the discussion stays 'on the path to HECK.' Your job as the anchor facilitator is to keep people from staying too far off that path, while recognizing that the path is quite wide.

Homework

Once the discussion from the video is concluded, please hand out the Participant Review Notes for the session. These review notes provide URLs to the videos so that the participants can review the videos again as they desire, and homework in the form of Questions for Discernment and Exercises.

Questions for Discernment are for 'pondering' throughout the week. Participants should be encouraged to set aside a few hours between sessions to reflect upon these questions. There are no 'correct' answers to these questions but pondering them privately, and journaling thoughts about them, will greatly enhance the fullness of the experience of this course.

Also in the Participant Review Notes is a set of Exercises. These are exercises that Participants may choose to perform in the week before the next session. The exercises range widely in both the commitment level required by the participant and in the challenge to get outside of one's comfort zone. Please make it a point at the end of each session to encourage the participants to tackle at least one of the exercises in the upcoming week, reminding them that they will get out of the course what they put in. You may also remind them that they can always choose from exercises from previous sessions as well, if none of the current exercises suits them.

Side Trails

Finally, in the Participant Review Notes, are one or more additional TED Talks, which are provided as 'Side Trails'. These are offered as excursions into related topics and ideas to each week's subject matter. Journeying out on the Side Trails is purely optional, but is another opportunity to observe and practice HECK on a intentional basis.





Location Set-up

Space

The best setting for this course is an intimate setting with comfortable seating for your entire group. You want the location to be easily gotten-to by all participants, but it also needs to provide privacy & the ability to have comfortable group conversation. A large living room is ideal; a conference room with comfortable chairs is suitable; a coffee shop is *not* a good choice.

Technology

You will need a method for showing the TED talks during the sessions. This can be a computer attached to a large monitor, an internet-enabled projection system, or even a smart-tv. As with any technology, *please* do a test run well in advance of the first session so that you have time to fix any glitches. Please make sure that you can position the video system where everyone can see the monitor and hear the sound without straining, and that you can quickly reorganize, as necessary, into a circle for conversation.

Displays

One of the first tasks of the group will be to come up with a covenant of 'rules' for how the group will interact and what degree of confidentiality is requested. If you have a whiteboard or a large format pad of paper and easel available, it is perfect for this purpose. The leader can write the rules on the whiteboard/pad so that everyone can read and agree to them explicitly. The covenant can then be left up or returned to the room for the remaining sessions as a visual reminder throughout the course.





A Welcoming Atmosphere

Access for the Disabled

Please make sure that the facility you are having your sessions at is easily accessible for everyone in your group.

Childcare

Consider making arrangements for childcare for those that may need it in order to attend. This can be a blessing for those that want to attend who might otherwise be unable.

Name Tags

Even in groups of people who know each other well, name tags can save from embarrassment people who have difficulty remembering names. (It's more common than most people are willing to admit.)

Shared Meal

If your group has the luxury of time, extending the sessions from 90 minutes to 2 hours and including a pot-luck meal will add greatly to the cohesiveness of the group. If you do include a meal in your program, please be sure that all are aware of any special dietary needs of others; especially food allergies, gluten, and animal product restrictions.





Being a Good Facilitator

Model Humility, Empathy, Compassion, and Kindness

As a facilitator, *is not your job to teach* others how to be Humble, Empathetic, Compassionate and Kind; however, it *is your job to embody* those virtues as much as possible while facilitating the course. Facilitators should be comfortable acting as 'checks' upon the participants and each other and suggesting ways of handling situations in as HECK-like manner as possible.

Prepare ahead of time

Please watch the TED talks and review the Participant Guide each week before the session so that you have a good understanding of the content and can prepare for the discussions. What is the session saying to you? What will it say to the individual participants in the group? Where might your group get bogged down or off track?

Facilitate, don't teach or preach

The learning in this course comes from introspection and personal discovery. Every group and every participant will get something different out of every session; that is both intentional and essential. Fight the urge to help the participants to come to the same understanding that you have and discourage participants from 'teaching' as well. If there is an important point that you believe is being missed, form your thoughts into a question for the group, rather than a statement of fact.

Permit dialogue but not debate

In the Participant's Guide there is an attachment that differentiates between discussion and debate. Please review thoroughly during the first session, and feel free to reference it again

as necessary.

Be respectful of people's time and schedules

A key task of the leader is to assure that the sessions start on time and finish on time. If people arrive late – and accept that they will – encourage them to integrate themselves into the session with as little disruption as possible. Don't hold the group up waiting for one or two individuals, and don't shame those that were unable to get there on time.

Learn from your group

One of the great benefits to being a facilitator is the opportunity to be surprised by the group. Often you will think you know how a presentation will be received or how a discussion is going to go, and something else happens instead. Embrace surprises and be open to seeing things in a different light.

Be a good teammate with your facilitation partner

Don't simply be co-facilitators; be facilitation *partners*. Implicit with this is an honesty about with what responsibilities each partner is comfortable, and what they are not. Be clear about your own strengths and needs, and be aware of your partner's strengths and needs. Act as a team.

Value each of your participants

Different people are at different points along their own path to HECK. The path is steeper in some places and the view better from others. Meet people where they are and encourage them to continue the journey. The good news is that you are all committed to moving toward the same destination.

Share of yourself

An important part of a successful course is the building of trust and allowing vulnerability. As a facilitator, you are *not* expected to keep a distance; instead you are encouraged to share your own stories and assume the same risks – and share of the same rewards – as the participants.

Avoid group therapy

There's a fine line between being supportive and offering advice; but it's a line we must be careful not to cross. Please guide the group away from trying to offer advice to each other toward simply being with each other and appreciating each other.

Praise publicly, correct privately

Very often you will find members of your group making a great observation or sharing a valuable story. You owe it to them to thank them on behalf of the group, publicly in front of the group. Very occasionally you will find members of your group straying from the path and not displaying HECK-like behavior. You owe it to them to gently alert them to this on behalf of the group, privately away from the group.

Managing a mixed group of introverts and extroverts

We've all had experiences in groups where some individuals feel compelled to control the conversation; and others where it is difficult to get anyone to speak. In truth, every group discussion is going to be somewhat dominated by some and not by others. Your job as facilitator is *not* to assure that every person gets an *equal amount of time to speak*, but that everyone gets an *adequate opportunity to be heard*. The best way to overcome an individual who is monopolizing the conversation is to interrupt to ask if anyone else has a different perspective. Don't discount the monopolizer's statements, instead add to them with comments from others.





Customizing for Your Group

Religious Groups

An intentional decision was made to make the course non-religious so that it may be accessible by the greatest number of people. However, we recognize the central role that religion and spirituality plays for many people in their journey along this path, and that the virtues that this course promotes are the same virtues promoted by the vast majority of religions and religious organizations.

Feel free to add in religious symbols and traditions as appropriate *for the entirety of your group*. For instance, including a prayer at the opening and closing of a session may be appropriate. If you do introduce religious customs and beliefs into the course, please be *certain* that those beliefs and customs are commonly held by *all* participants. Do not assume that all members of your group share the same core beliefs. The virtues of Humility, Empathy, Compassion and Kindness are universal. Any inclusion of religious customs and beliefs should be used to enhance the course experience; the course should *not* be used to promote a particular religious belief system.

Please consider using this course as a way to bring together your religious community with the greater community. We are hopeful that many religious organizations will use this course display and spread the core tenants of their faith, without a need or desire to evangelize or promote their own religious traditions, scripture, or institution.

Mindfulness Groups

Me and My Friends

Book Clubs

Community Service Organizations

Spirituality Meet-ups

Young Adults

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Session Preparation Notes

Session 1: Being Wrong

Facilitator Notes for Session 1: Being Wrong

Instead of an Epiphanies section, you should spend the first part of the first session with introductions, the creation of a covenant, and discussing dialog versus debate. Please let your participants know up-front that this is not a 'typical' session.

Introductions

Ask each participant to introduce themselves; why they are here; and what they hope to get out of the course. Make a concerted effort to address each person by name as soon as you are able, and to *remember* those names as best as you can. (Encouraging name tag use really helps!)

Creating a Covenant

It will be important to establish a trust relationship among the participants right from the start. This will enable people to talk openly and be vulnerable within the group. Toward this end, you will need to create a Group Covenant that will set the 'ground rules' for interactions. Allow your group to generate its own list. As suggestions are made, and agreed upon, write them on a whiteboard or easel pad where everyone can see them. Below are some suggested items for consideration, but your group should create its own covenant.

We will, to the best of our abilities...

- *Be committed to this group: Try to attend all sessions.*
- *Be present while here: Turn off cell phones and disconnect from outside world.*
- *Be open and trustworthy: What is said in the group, stays in the group.*
- *Be our authentic selves: Speak from personal experience and not from what we've heard.*
- *Be respectful of others: Listen more than talk.*
- *Be respectful of ourselves: Let others know if we are hurt or offended by something they have said – not to make others defensive, but to make them aware.*
- *Be a friend not a therapist: No attempts to 'fix' other people's problems (including others outside the group).*

Once the covenant seems complete, ask the participants if anyone has any objections or confusion about anything written. Only once everyone is comfortable, should you move on past this step.

Dialogue versus Debate

After the covenant, but before the first discussion, please review the Dialog versus Debate document with the group. Affirm and confirm with the group that, within this course, dialog is expected but debate is not allowed.

Video

On being wrong, Kathryn Schulz, 18 minutes

https://www.ted.com/talks/kathryn_schulz_on_being_wrong

Discussion

The first response to this video is likely to be, "What does this video have to do with Humility, Empathy, Compassion, and Kindness?" and it's a valid point. We start this course with this video in order to challenge the participants to leave the safety of what they believe they already 'know'. Any growth requires each of us to be willing to admit that: not only do we not have all the 'answers', but that some of the 'answers' we do have may require reconsideration. Giving up one's role as the holder of the singular 'truth' is the first step toward Humility.

Closing

Before adjourning, please read aloud (without discussion) the Questions for Discernment, and the Homework for the coming week. Remind the participants that the Homework is not meant to be a checklist, but an opportunity for them to continue to follow the Path until the next session.

It does feel like something to be wrong. It feels like being right. -- Kathryn Schulz

Facilitator Notes for Session 2: Being Vulnerable

Epiphanies

This will be your first opportunity to have an Epiphanies session. A great way to start is to simply ask if anyone has anything they have been wanting to share based upon the previous week's video, Questions for Discernment, or the Exercises.

There is no need to cover every question, or every homework exercise. Some questions will be very thought provoking for your participants, some will be duds. Some exercises will be very growth-promoting, some will simply be exercise. It is important that everyone remember that the Questions for Discernment and the Exercises are a set of suggestions from which to pick, not a checklist to complete.

Video

The power of vulnerability, Brene Brown, 21 minutes

https://www.ted.com/talks/brene_brown_on_vulnerability

Discussion

Please feel free to participate in the Epiphanies and Discussions with your group. You are on the same path as the group, and you have much to contribute to the discussions. But remember that your primary role is as a facilitator and assisting others along the path. In that role, please keep these two things in the forefront of your thoughts:

1. You are all on the path toward Humility, Empathy, Compassion, and Kindness. Your discussions should model these behaviors. You may need to occasionally break the group away from the topic being discussed in order to talk about the nature of the discussion happening in front of you. Keep the group on the path.
2. Sometimes the path in front of you gets very steep and difficult. Do not reflexively lead the team away from difficult subjects, instead encourage them to push themselves and assist each other through the difficult parts. People have a strong need to share that with which they are passionate about and we should honor that. On the other hand, there may be discussion topics that are totally unmanageable by a participant, even with full support of the group. If you find yourself in one of those places, lead the group in another direction and go around the obstacle.

Connection is why we're here. It's what gives purpose and meaning to our lives. – Brene Brown

Facilitator Notes for Session 3: Being Rejected

Epiphanies

This would be a good session to check in with the participants regarding the homework. Are they doing it? If not, why not? Are they finding it helpful?

The homework from this course is meant to provide a bridge from session to session, to encourage participants to actively and intentionally set aside time to concentrate on thinking about HECK, and to re-engage with the ideas presented in the TED talks.

There is no shame in not doing the homework. There is no extra credit for doing all the homework. If your participants are not finding the course provided homework particularly helpful, encourage them to allocate time each day to recognize the HECK around themselves and within themselves each day.

Video

What I learned from 100 days of rejection, Jia Jang, 16 minutes

https://www.ted.com/talks/jia_jiang_what_i_learned_from_100_days_of_rejection

I found that people who really change the world, who change the way we live and the way we think, are the people who were met with initial and often violent rejections. — Jia Jang

Facilitator Notes for Session 4: Being Grateful

Videos

Note that the two videos in this session repeat much of the same message from David Steindl. The first video is much more cerebral, and explains that gratefulness leads to happiness — the opposite of our intuition. The second video is much more experiential. It re-uses David's words and illustrates them with powerful images.

You may wish to stop after the first video to have a discussion of it, before watching the second video. Please leave enough time for viewing and discussion of both videos. Since they are so closely related, you can pick up any paused discussions after viewing the second video.

Want to be happy? Be grateful, David Steindl, 15 minutes

https://www.ted.com/talks/david_steindl_rast_want_to_be_happy_be_grateful

Nature, beauty, gratitude, Louie Schwartzberg, 10 minutes

https://www.ted.com/talks/louie_schwartzberg_nature_beauty_gratitude

It is not happiness that makes us grateful. It's gratefulness that makes us happy. — David Steindl

Facilitator Notes for Session 5: Being Broken

As you may have noted from the title, this session is about our own brokenness and the two TED Talks selected for this session are quite emotional. The subjects are bullying and cancer – two diseases from which a number of your participants have likely suffered. You may find it helpful to pause silently for a minute or two after the videos for the group to compose themselves.

Videos

Please make your group aware that there is some profanity in the first video of this session. You should pause after the first video for discussion, before moving on to the second.

To this day for the bullied and beautiful, Shane Koyczan, 12 minutes

https://www.ted.com/talks/shane_koyczan_to_this_day_for_the_bullied_and_beautiful

The best gift I ever survived, Stacey Kramer, 3 minutes

https://www.ted.com/talks/stacey_kramer_the_best_gift_i_ever_survived

Discussion

This session is a great opportunity to encourage everyone to speak from their own experience, and not about the experiences of people they know.

*We are graduating members from the class of We Made It, not the faded echoes of voices crying out,
"Names will never hurt me." Of course they did. — Shane Koyczan*

Facilitator Notes for Session 6: Being Generous

You're in the home stretch now. Hopefully, things are getting easier.

Start thinking about what got you enthused about facilitating this course, and what qualities make you a good facilitator. Who in your group shares those same qualities? Is there one or more people in your group that can carry on expanding the reach of this course? In the next few weeks, make it a point to meet one-to-one with them and discuss the possibility of them carrying on your work by facilitating their own group. Many people are eager and willing to "step-up" but they just need to be asked. As always, we are here (mentor@onthepathtoheck.org) to support you and them as necessary.

Videos

***There's more to life than being happy*, Emily Esfahani Smith, 12 minutes**

https://www.ted.com/talks/emily_esfahani_smith_there_s_more_to_life_than_being_happy

***Why some people are more altruistic than others*, Abigail Marsh, 12 minutes**

https://www.ted.com/talks/abigail_marsh_why_some_people_are_more_altruistic_than_others

Living a meaningful life takes work. It's an ongoing process. As each day goes by, we're constantly creating our lives, adding to our story. And sometimes we can get off track. — Emily Esfahani Smith

Facilitator Notes for Session 7: Being Genuine

This session talks directly about politics, which can be a minefield. Depending on your group, you may find it helpful to refresh memories on the Dialogue vs. Debate sheet from the first session.

Note that the title of this session is “Being Genuine.” We live in a society where people are very passionate politics — and other “hot topics” like religion, immigration, the environment... It would be disingenuous of us — both in this course and in our lives — to avoid discussing those things about which we are passionate. Instead of avoiding these topics, how can we discuss these hot topics in a HECK-like manner? Can we elevate the dialog above debate?

You may find the group drifting toward discussing specific people other than themselves. Encourage the group to speak about their own personal experiences. When mentioning other people, speak as if those people were in the room as well.

Videos

How our friendship survives our opposing politics, Caitlin Quattromani & Luran Arledge, 15 minutes

https://www.ted.com/talks/caitlin_quattromani_and_luran_arledge_how_our_friendship_survives_our_opposing_politics

What if, in these heated moments, we chose dialogue over debate? When we engage in dialogue, we flip the script. We replace our ego and our desire to win with curiosity, empathy and a desire to learn. Instead of coming from a place of judgment, we are genuinely interested in the other person's experiences, their values and their concerns. — Luran Arledge

Facilitator Notes for Session 8: Being the Change

The last session! We hope you have found facilitating this course both challenging and gratifying. *We sincerely thank you for doing your part to 'raise HECK.'*

Videos

Want the change the world? Start by being brave enough to care, Cleo Wade, 11 minutes

https://www.ted.com/talks/cleo_wade_want_to_change_the_world_start_by_being_brave_enough_to_care

Homework Exercises

Since this is the last session, it might be worthwhile to review the Homework Exercises collectively as part of your discussions:

- **Keep on the Path.** Be as good to as many people as possible.
- **Keep with the group.** How will you continue to connect with this group? How can this experience grow? Make some concrete plans for how you will continue, individually and together, on the path to HECK.
- **Share the journey.** Script your own Ted Talk, telling your story. Where are you on the path to HECK? What have you learned in life about Humbleness, Empathy, Compassion, and Kindness? Find a way to share your personal story with others. Perhaps with a close friend. Perhaps with this group. Post your story in written or video form on social media.
- **Lead the way.** Consider becoming a facilitator for your own course of On the Path to HECK. Discuss the experience with your facilitators. Contact us for support and guidance at mentor@onthepathtoheck.org.

The world will say to you, "Be a better person." Do not be afraid to say, "Yes." — Cleo Wade