

FAST-K Forum Meeting Agenda

Monday February 14, 2022 @ 1pm

via Zoom

Hour Retreat Chair
New Member
Parking Lot Chair
1: Treasurer/Scribe
Moderator
: Protocol Chair
Hour Retreat Chair
y: New Member

Mission Statement

Fast K Members are committed to excellence. We take personal and mutual responsibility for our goals. We live with integrity, loyalty, and balance as leaders in our families and businesses.

1:00 – 1:15

Arrive

- Welcome
- Electronics Off
- Moderator to read Mission Statement
- Confidentiality Reminder

Check-In

- Clearing Round
- One word open – How are you feeling right now?

1:15 – 2:10

5% Reflections (Updates) 3-5 minutes each

- What had been most energy uplifting for you since the last meeting? What about this was uplifting?
- What has been the most energy draining for you since the last meeting? What about this was draining?
- What are you looking forward to the most over the next 30-60 days? What about this was exciting?
- What will be your greatest challenge in the next 30-60 Days? What about this was challenging?
- Reflection: Keyword

Accountability Round

- Progress update on our Big Want Goal

Parking Lot

- Update Parking Lot
- Decide on Presenter/Coach Deep Dives for next meeting

2:10– 2:15

Break

2:15 – 3:00

Deep Dive #1

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- Confidentiality (Moderator, 1 minute)
- Intro (Coach, 3 minutes)
- Deep Dive – no interruptions (Presenter, 10-15 minutes)
- Clarifying Questions (All, 5 minutes)
- Silence Reflection (All, 3 minutes)
- Experience Sharing (All, 25 minutes)

3:00 – 3:05

Break

3:05 – 3:50

Deep Dive #2

-
- Confidentiality (Moderator, 1 minute)
- Intro (Coach, 3-5 minutes)
- Deep Dive – no interruptions (Presenter, 10-15 minutes)
- Clarifying Questions (All, 5 minutes)
- Silence Reflection (All, 3 minutes)
- Experience Sharing (All, 25 minutes)

3:50 – 4:10

Housekeeping

- Confirm next meeting
- Retreat Planning
- EO Benefits
- Upcoming Events