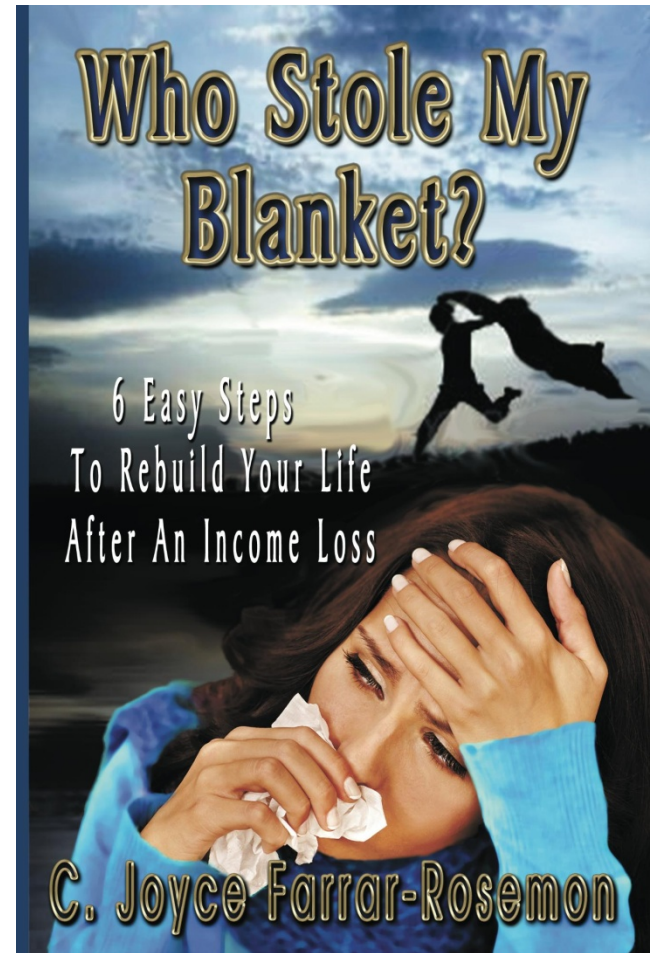


Who Stole My Blanket?

Workshop Facilitator's Guide

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Introduction- Who Stole My Blanket?

Women's Empowerment Support Group

Today's headlines abound with reports of high gas prices, unemployment, foreclosures, healthcare costs, high divorce and solo parenting rates, depression, obesity rates, etc. Many feel that their security blanket has been snatched from under them in plain daylight. Is the American dream still alive? Who Stole My Blanket? 6 Easy Steps to Rebuild Your Life after an Income Loss is designed to be a resource for those who are struggling in this current economy. Individuals seeking to improve their job prospects and who want answers to life's most pressing questions concerning their purpose in life will learn how to:

- find employment regardless of their age or looks
- learn how to turn their dreams into reality
- leave a legacy for their heirs
- get rid of the negative thoughts in their mind
- maintain a youthful appearance and healthy lifestyle
- overcome gender barriers, fears, depression, and discrimination

Objectives- Who Stole My Blanket?

Women's Empowerment Support Group

The Empowerment Workshop, *Who Stole My Blanket? 6 Easy Steps to Rebuild Your Life after an Income Loss* is designed to assist group participants to succeed in this post- recessionary economy. It is intended for individuals who have suffered a financial loss associated with: 1) their employment—fired, downsized, or can't find a job; 2) retirement—loss of benefits, stocks, bonds, pensions; 3) housing—foreclosure, natural disaster; or 4) life event—pregnancy, solo parenting, divorce, death of a provider, etc.

As a Workshop Facilitator, the contents will enable you to help your participants push pass their pain and reinvent themselves by using their inherent gifts and talents. By using this material, you as the Facilitator will feel empowered to give your participants hope, courage, and strength. Your attendees will glean wisdom from the lessons shared of strong warriors, both male and female, who have overcome against great odds. The vignettes will encourage your group members to internalize new thought and belief systems about their ability to achieve, succeed, and prosper in life.

Part of this transformation will take place by your guiding them to interact individually and with the group during the reading of the material and the *Reflection* segment following each *Step*. These *Reflection* segments are to be used as the participant's personal journal to document their path to recovery. They should be given the option to keep it private if they desire to do so. Members should be reminded that the more honest they are with themselves, the sooner they can bring about a positive change in their lives. The material can be read individually or by the Facilitator. The *Charlie Brown* YouTube links will bring clarity and humor to the workshop, and its use is highly recommended.

Use of Materials- Who Stole My Blanket?

Women's Empowerment Support Group

The use of the book, *Who Stole My Blanket? 6 Easy Steps to Rebuild Your Life after an Income Loss*, is set up to be used individually or by self-help groups. Group norms, attendance, dos and don'ts, expectations, and confidentiality are some of the requirements that should be discussed at the first meeting. If you have limited experience with organizing and running self-help groups refer to the links below in the Resource section below for assistance. The author, C. Joyce Farrar-Rosemon, is also available for consultation.

Workshop Content Outline- Who Stole My Blanket?

Women's Empowerment Support Group

Workshop Introduction- The above Objectives and Workshop Outline should be shared with participants in order to communicate what the Women's Empowerment Support group is about, why it is facilitated, where it is going, and what will be required of the participants. Because participants will view the workshop outline as a kind of "contract," it is important to be as clear as possible. It is important to underscore that Self-help groups work well and effect change when participants are involved, honest, and committed to change.

It is important to carefully review the workshop outline with the group participants and allow time for questions. It is recommended to schedule time during the second meeting to reiterate key points and to answer further contents-related questions. Periodically, say at the beginning, end, or anniversary of any major life event, have the participants refer to the workshop outline and discuss how what they are about to do fits in with the goals of the sessions, i.e., empowering women. The workshop outline should be a guide to learning, growing, and maturing.

Workshop Content Outline Steps- Who Stole My Blanket?

Women's Empowerment Support Group

Step 1: Swallow Your Pride- Identification of obstacles in your life that prevent you from achieving your heart's desires
Reflection, Inspirational Nuggets, & Notes

Step 2: Stop Crying, "Woe is me!" Like Linus! - Taking ownership of your issues- past, present, and future
Reflection, Inspirational Nuggets, & Notes

Step 3: Don't Look for Snoopy to Rescue You! - Letting go of your Prince Charming fantasies
Reflection, Inspirational Nuggets, & Notes

Step 4: Stay Away From Lucy's 5¢ Psychiatric Help Booth- Do's and Don'ts of good counsel, removing enabling and codependent relationships from your life
Reflection, Inspirational Nuggets, & Notes

Step 5: Keep Moving! - How to develop and maintain a healthy lifestyle, goals, and mindset by loving yourself first
Reflection, Inspirational Nuggets, & Notes

Step 6: Pay It Forward & Leave a Legacy- Empowering oneself and the next generation by defeating dysfunctional behavior
Reflection, Inspirational Nuggets, & Notes

Disclaimer- Who Stole My Blanket?

Women's Empowerment Support Group

Please note as a Facilitator you are simply helping individual participants to express their thoughts and feelings, understand them, and come up with viable solutions to their problems. Use of this material in no way licenses you as a therapist, professional counselor, or teacher. The advice given in these workshop materials is not a substitute for counseling from a licensed professional. As a Facilitator you should exercise good judgment and know when to refer your participants to licensed professionals. If they are in an emergency situation, you should dial 911 immediately.

Resources- Who Stole My Blanket?

Women's Empowerment Support Group

- [How to Start a Support Group](#)
- [The A.A. Group](#)...Excellent example of how to start a self-help empowerment group
- Farrar-Rosemon, C. Joyce. *Who Stole My Blanket?: 6 Easy Steps to Rebuild Your Life After an Income Loss*. Atlanta, GA., Winner At Life Publishers, 2013
Available at CopingAdvice.com