

SAMPLE AGENDA #1

Women's Services Domestic Violence Support Group

Wednesday, November 20th
5:30-7:30pm

- 5:30 "Doors" *Maltby & Shire*
Introduction
- The Choosing Metaphor
 - About the Artist
 - Workshop Overview
- 5:40 A Story of You
- Introducing Powerful Women
 - A Circle of Stories
- 6:15 "Patterns/Today Is The First Day..." *Maltby & Shire*
Moving Forward
- Introduction
 - Group Exercise – What Motivates Motion?
 - The Parallels to Power
 - Circling Your Wagons
 - One Form of Alternative Power – Arts and Media and Message
- 6:35 Show and Tell
- Group Sharing of Songs, Poems, Literature, Etc.
- 7:15 In The End
- Workshop Review
 - Performance details
- 7:25 Excerpt from Nelson Mandela's 1994 Inaugural Speech *Williamson*
"Spirit of Life" *McDade*