



## Getting to Know You Workshop Overview

### Workshop Description

As participants and coaches come together for the first time, we will introduce and bond together through ice breaking exercises and group discussion. Participants will learn about goal setting and establish their own goals. Participants and coaches will set a time and place to have their first one-to-one meeting.

### Key Workshop Goals

- Introduce coaches and participants to each other
- Explore values around money and use these values to set meaningful goals
- Establish a relationship that coaches and participants can build on in one-to-one meetings

### Core Skills Covered

- Goal setting
- Creating a bond between participants and coaches
- Discovering ones' values around money
- Figuring out how these values can apply to setting goals

### Handouts to be Given Out and Discussed

- Goal Setting
- Accountability Agreement

### Follow-up Exercise

- First one-to-one meeting