

Creating an Online Group for the *You're Already Amazing* *LifeGrowth Guide*



Hosting an online group can be a quick and simple solution if those you want to participate live in different places or schedules make getting together in person a challenge. Here are some pointers for creating and leading a group this way.

1. **Create Your Group.** The easiest place to create a group is on Facebook, and this article will tell you how to set one up: <https://www.facebook.com/help/167970719931213>.
2. **Complete Group Information and Add Members.** You can add group members yourself or invite them to join. If you have questions about this or any other aspect of your group, Facebook provides extensive support. Because the system changes often, I recommend that you go to <https://www.facebook.com/help> and then simply type your question in the box at the top (for example, “How do I add members to a group?”).
3. **Announce Group Details.** The first post you make on your page should be sharing the details members need to know. For example, you can share the dates for the study and what members will need. You can also give them the link to www.holleygerth.com/amazing so they can find out more.
4. **Facilitate Introductions.** In the next post you do in the group, invite members to introduce themselves and share a little bit about who they are. You might ask them a fun question like their favorite dessert as well as a serious one like what they hope to get out of the LifeGrowth study.
5. **Study Structure.** I recommend that you pick a particular day of the week when you will post new content. For example, you could say, “Every Monday I will post a link to the video for that week, share a quote that stood out to me from the week’s session, and ask a question from the *LifeGrowth Guide* for all of us to answer

together.” If you would like to do more than this, you’re welcome to do so, but it’s definitely okay to keep the group this simple.

6. **Share and Get Creative.** If your group does the creative activities in the *LifeGrowth Guide*, encourage them to post pictures of their projects. Also encourage them to share on social media where the *LifeGrowth Guide* invites them to do so. For example, there are graphics from the guide they can post on Facebook, Instagram, Twitter, or Pinterest.
7. **Wrapping Up.** When the group concludes, you can do a final post asking what each person learned from the LifeGrowth study and how they plan to pass on what they received to someone else.

For more encouragement and insights on facilitating your group, see the “Resources for LifeGrowth Facilitators” section in the back of the *LifeGrowth Guide*.

