**Live Session Outline:**

1.30       Lots of failures and breakdowns the first week

              Launch problems, missed challenges, etc.

              Saboteurs, beating selves up

              Remind people of the why, make goal a pull, not a push

              Model of sage mindset

4.50       100% pod completion: video, on call, daily check-ins, etc.

6.00       Today’s session about the judge, toughest session in course.

              Why program is designed this way

              Judge is sneaky, why intense demo is done.

13.00    Different types of judges, not just like Shirzad’s.

14.30    Protect from reliving trauma.

16.00    Not a therapy program, refer when needed.

17:30    Hijack s for daily challenges - recent or further back is ok.

18.00    candidness with pod, don’t need to be perfect, create safe space.

19.00    **Q&A**

20.00    getting the conversation going

22.30    pod discussion slides

26.00    registration question

28.00    pod leader why

29.00    pod members who are traveling - connecting remotely, catching up tips.

33.00    PQ reps on weekends