



Growth Group Meeting #1 Lifeline Exercise

Getting to know your new Growth Group will help you form a foundation from which to work through challenges and support each other. For your first official meeting, you'll participate in a lifeline exercise that will allow you to reflect on and share the significant life events that brought you to where you are today. This type of exercise is used by many forum-style groups as well as universities in the "forming" stage of a group like this one*.

Instructions for creating your lifeline:

- Using the lifeline below, plot major life events, achievements, social involvement, professional milestones or other experiences that have had a meaningful impact on your identity development and goals.
- The distance from the horizontal line indicates the positive or negative impact of the event.
- Please take some time before your meeting to consider the highs and lows that you'd like to share with your group.



**Much of information presented here is adapted from the Berkeley guide to mapping your career lifeline. You can find this and more information on Tuckman's Stages of Group Development online.*

Tips for sharing your lifeline with your Growth Group:

- **DO** determine how much time you'll allow for each participant's lifeline sharing, discussion and questions. The below grid may be helpful.

# of members	Minutes per member	Present lifeline	Discussion/Q+A
9	16	8	8
8	20	10	10
7	22	11	11
6	26	13	13

- **DO** present your Lifeline Exercise in alphabetical order or "around the table", to avoid spending time on who is going next.
- **DO** be mindful of the vulnerable spot we may be in when we share important events in our lives during discussion and questions.
- **DO** ask questions that help you get to know your fellow participant and the path they're on.
- **DON'T** jump right to problem solving, there is plenty of time during future meetings for that!

Here's an example of what a lifeline might look like:

Vijay's Lifeline - 2011



