READ THIS BEFORE YOU DO ANYTHING ELSE!

***Before* you print your handbooks and start the class, please do the following:**

1. <u>Pray</u> for your classmates and yourself, and for what the Lord will do among you as you work through this material.

2. <u>Purchase and preview the Leader Training Workshop</u> (also available through our shop). As the group leader, you may find this workshop particularly helpful in guiding the small group portions of the class. We recommend that you watch it before beginning the group, and then watch it again partway through (once you have some experience with the group ministry and debrief sessions).

3. <u>When you print the workbook</u>, you will probably want the Confidentiality and Hold Harmless documents printed back to back rather than facing each other. It's also nice to have a common printing pattern so every student's workbook looks the same and its easier to help each other find things. To accomplish these goals, <u>print the cover (which has no page number) and the page numbered "1" back to back. Then print pages 2 - 3 back to back, 4 - 5 back to back, and so on</u>. Use the numbers in the bottom right corner of each page *within the document itself,* NOT the numbers the Adobe or Preview application assigns to each page of the PDF.

4. <u>Read carefully pages 4-10 of the workbook</u>. These give you important guidelines for the class, including information about class requirements, leadership, and how to use the workbook. If you don't read these pages in advance, you may be confused when you begin the class.

5. <u>Consider contacting an experienced Alive and Well trainer to supervise you</u> and your group as you take this course. Whether local or online, a trainer can help you make sure you are prepared to begin, answer questions as you work through the material, give you feedback on your practice sessions, and/or model the ministry session debrief. We recommend a minimum of 3 hours of supervision at $50 per hour. The "Where?" page of our website (under the Immanuel Prayer tab) has a link to help you find a trainer.