

PUSH Frequently Asked Questions

- 1. How are monthly topics/questions distributed?**
 - a. The monthly discussion topic or question is distributed through the Facebook Group, being posted the Wednesday after the monthly Women Connect event.
- 2. How do you join a group?**
 - a. You can join in a few different ways. You will be invited into a new PUSH group, you can start a PUSH group, or you can request to be connected with a PUSH group by contacting Chelsea or Carrie
- 3. How do you start a group?**
 - a. Two people will start a PUSH group, similar to a coffee connect. The first meeting will start as every PUSH meeting will – with a question; it will end the same, too – with a PUSH. A PUSH consists of a member stating the goal they will achieve by the next PUSH meeting; the other members will keep her accountable. At the second meeting, each person will bring another woman and this will continue until the group reaches eight (or so) members.
- 4. How and when do I register my PUSH group?**
 - a. As soon as you feel your PUSH group is complete, please register! Don't worry, you can add members after you register by emailing Chelsea or Carrie your updated information. Simply go to the PUSH page on the FMWF Chamber website where you will find the kickoff packet. The registration form can be found in the packet. Please fill out and submit.
- 5. Why do I need to give my PUSH group a name?**
 - a. Make the PUSH group unique to your group by giving it a name. Also, there will be a PUSH directory listing all PUSH groups. Each group having a unique name will lend well to the order of the directory.
- 6. How often do you meet?**
 - a. We recommend you meet monthly, however the frequency can be set by the group. Discussion topics/questions will be distributed monthly and will tie into the most recent Women Connect presentations.
- 7. What happens if our group gets too big?**
 - a. We recommend groups of 8 or so women to allow everyone to feel heard and supported. With that being said, your group can be whatever size feels the most comfortable. If you sense your group has become too big, we recommend breaking up into smaller, more manageable groups. Perhaps everyone still meets at the same place and the same time, but you split up at the beginning of the meeting for the discussions.
- 8. Who will lead the PUSH group?**
 - a. We believe a natural leader will emerge in each group. Whether it be the person that initiated the group or another member.
- 9. How does this tie into Women Connect?**
 - a. Most PUSH groups will come from a Women Connect coffee connect, but that isn't the only way to start one. The groups also tie to Women Connect because the question at the beginning of each PUSH meeting will be tied to the most recent Women Connect presentation.
- 10. Where do we meet?**
 - a. The group can decide to meet wherever they wish. You may choose to meet somewhere new each month, or you may decide on a consistent meeting place.
- 11. When do we meet?**
 - a. To take full advantage of the monthly topics made available, we recommend the group meets monthly. With that being said, the group is free to decide the frequency of your meetings.

12. How is the meeting structured?

- a. Meetings can be structured in whatever way works best for the group. Here is an example meeting structure to get you started:
 - i. 30 Minutes - Discussing PUSH Topic/Question
 - ii. 15 Minutes - Recapping your last month's PUSH Goal
 - iii. 15 Minutes - Stating your PUSH Goal for next month

13. Do you have to attend Women Connect events to attend PUSH meetings, and vice versa?

- a. No. We hope that both Women Connect and PUSH will lend well to each other, introducing new women to each group from the other.

14. What if I don't complete my PUSH goal in time for the next meeting?

- a. It's OK! Continue to go to your PUSH meeting regardless. Of course, there are going to be times where an obstacle gets in the way of someone meeting their PUSH goal - maybe the PUSH meeting and other members can help someone PUSH past their obstacle.

15. What if my group stops meeting?

- a. Start a new one! Or join a new one! Contact Chelsea or Carrie and they'll make sure you find a group.

16. What if I don't feel comfortable with my group?

- a. Start or join a new one. Carrie and Chelsea will be happy to help.

17. How long should we continue to meet monthly?

- a. As long as the PUSH group continues to be inspiring and empowering to the members.

18. Can my PUSH group have a theme?

- a. Yes. A PUSH group can be a group that meets for coffee, dinner, knitting, running ... it can be whatever the group decides!