

THE EXCHANGE:

The focus of today's meeting is The Exchange, and (names) _____ will be talking about (topics)_____.

[review format for The Exchange]

[call on presenters]

[any remaining time can be used for open shares]

GUEST SPEAKER:

The focus of today's meeting is a Guest Speaker, and we are honored to have as our guest speaker _____ who will be talking about _____.

[read speaker bio]

[turn over meeting to speaker]

[any remaining time can be used for open shares]

OPEN SHARES: *[if there is time remaining]*

Please remember that for safety reasons we do not share any personal information like last names, DOB, phone numbers, emails or addresses during our shares, and to stay muted when not sharing. As long as it relates to surviving childhood abuse, a share can include talking about today's topic, offering another topic, asking a question for others to answer, or just talking about whatever's on your mind.

Shares can be up to 5 minutes. You can time yourself, or I can time you. If I time you, I'll tell you when 1 minute is left, and then when the 5 minutes are over, and it is okay to take a few moments to finish your share when the 5 minutes are up. Please let me know that you have heard me when I tell you the time, and follow our safe-share guidelines. If you'd like to have any or all of these guidelines re-read, just ask.

Please raise your hand when requesting to share. For those on a computer, click the raise hand option. For those on phones, press *9 to raise your hand. If you're unsure how to raise your hand, please ask.

So, who would like to share? Would you like me to time you? Okay, go ahead and I'll put myself on mute.

THANK YOU _____ YOU HAVE BEEN HEARD.