

The Unicorns 🦄 : Format (v2)

Updated on 29th of May 2020

4 bi-weekly 1h30 2h calls and then a Retro (10 weeks)

Fridays 16:00 Azores / 18:00 Sweden

Call Structure

Intro Activity (5 min)

Introduced by Facilitator: Sharing a poem, leading meditation, singing/listening to a song together. No pressure.

Check-In (20 m)

Processing / Coaching Rounds (4x 20m)

- Something to share
- Request

Check Out (10 m)

- 1-2 “pearls” from the call

Roles

1. Facilitator+timekeeper
2. Note-taker

Plus Michal uploading videos.



role	call 1	call 2	call 3	call 4
facilitators	Phillip	Michal	Carro	Silvia
notes	Carro	Silvia	Phillip	Michal

Actions

M: ~~by tomorrow (or weekend) send options (no pressure)~~

C+P: ~~install telegram~~

S: ~~setup Telegram group~~

M+S: ~~Find your Unicorn color~~