

## **2019/2020 Arizona Area Sponsorship Workshops with Dates**

**NOTE: This is Arizona time which is 3 hours difference from EST – check time.**

### **Having a Sponsor: September 5 to November 16, 2019**

**Segment One – The purpose of having a Sponsor / Why do I need a Sponsor?** Thursday September 5, 7-8:30 pm and Saturday September 21, 10 -11:30 am

- How can a sponsor help?
- What does a sponsor do / not do?
- Making a commitment to myself
- Being accountable

**Segment Two – The Twelve Steps and working the program:** Thursday October 3, 7-8:30 pm and Saturday October 19, 10 -11:30 am

- What does it mean to “work” the Steps or the program?
- How can the Twelve Steps help me?
- Benefits of working the Steps with a sponsor
- How do I know who’s working the Steps?

**Segment Three – Choosing a Sponsor:** Thursday November 7, 7-8:30 pm and Saturday, November 16, 10 -11:30 am

- How do I choose a sponsor?
- What are the minimum requirements for a sponsor?
- Considering long distance sponsorship
- What qualities am I looking for in a sponsor?
- How do I ask someone to sponsor me? / What if the answer is no?
- What are my responsibilities in the relationship?
- Expressing my needs, expectations and boundaries.
- What if my needs are not being met?
  - a) Conflict Resolution
  - b) Talking things out
  - c) Saying goodbye

Suggested literature to use: *How Al-Anon Works, Sponsorship, What It's All About* (pamphlet), any other literature a panel member finds useful

**Being a Sponsor: December 5, 2019 -August 15, 2020**

**Segment One –Purpose and Responsibilities of a Sponsor:** Thursday December 5, 7-8:30 pm and Saturday, December 21, 10-11:30 am

- Resources available to me (CAL, the example of my own sponsor)
- How much available time do I have to commit?
- What does a sponsor do / not do?
- Providing guidance vs. giving advice
- That first meeting: how do we decide if this might be a good match?
- Establishing a relationship – expressing expectations and boundaries, understanding the needs of a sponsee

**Segment Two – Spiritual Principles:** Thursday January 2, 7-8:30 pm and Saturday, January 18, 10-11:30 am

- What are the spiritual principles?
- How do I apply them in all my affairs, including my sponsorship relationships?
- Sharing the principles with my sponsees and setting the example.
- Encouraging service

**Segment Three – The use of the Traditions and Facing Challenges:** Thursday February 6, 7-8:30 pm and Saturday, February 15, 10-11:30 am

- Ways in which the Traditions apply to a sponsor / sponsee relationship
- Maintaining boundaries
- Considering long distance sponsorship
- How do you talk to Sponsees about moving on in the Steps- or not?
- Handling challenges and having those difficult conversations: (ex. Person is not working the Steps, bringing in outside issues)
- Sponsoring dual members
- Considering gender and attraction when talking about sponsorship
- Checking in: Are things working for both sponsor and sponsee?
- Sponsoring dual members

**Segment Four – Panel shares and discussion on Steps 1, 2 and 3:** Thursday March 5, 7-8:30 pm and Saturday, March 21, 10-11:30 am

- Techniques for working these Steps
- Literature used

**Segment Five – Panel shares and discussion on Steps 4, 5, 6 and 7:** Thursday April 2, 7-8:30 pm and Saturday, April 18, 10-11:30 am

- Techniques for working these Steps
- Literature used

**Segment Six - Panel shares and discussion on Steps 8 and 9** :Thursday, May 7, 7-8:30 pm and Saturday, May 16, 10-11:30 am

- Techniques for working these Steps
- Literature used

**Segment Seven – Panel shares and discussion on Steps 10, 11 and 12:** Thursday June 4, 7-8:30 pm and Saturday, June 20, 10-11:30 am

- Techniques for working these Steps
- Literature used

**Segment Eight – What comes next?** Thursday July 2, 7-8:30 pm and Saturday, July 18, 10-11:30 am

- Traditions
- Concepts
- Working the Steps again
- Studying literature
- Service sponsorship
- Evaluating or Ending a Sponsorship Relationship

**Segment Nine - When a Sponsee begins to Sponsor:** Thursday August 6, 7-8:30 pm and Saturday, August 15, 10-11:30 am

- How can a Sponsor encourage a sponsee to begin sponsoring?
- Supporting new sponsors
- Keeping boundaries and confidentiality
- Other tips for new sponsors

### **Access Information on Zoom**

**Overview on instructions:**

**Download the application at** <https://zoom.us/support/download>

The application is free to attend the workshops

To join our Zoom Meetings, simply click on this link:

<https://zoom.us/j/188303692> or copy and paste. You will need a microphone and camera (webcam or built in) to participate in the videoconference. If you don't have that ability, you may listen in by calling +16699006833,,188303692# US (San Jose) You will be prompted to enter a Meeting ID. That's 188 303 692. Make sure you try this ahead of time to make sure it's working! Talk to a local IT guru you know for help.