Completion of this Brave Girls Club ecourse, including submission of the assignments, is one of the pre-requisites to attending Certified Instructor Training.

Instructions and Assignments
This course consists of videos and this written PDF. After watching each video and studying each section of this PDF, your assignment is to write a few paragraphs on that subject. In addition, you will find several essay questions at the very end of the course (details are given below). The easiest way to complete these assignments and submit them to us is to write your answers on a separate document (such as a word document) and then simply attach it to an email. All of the assignments can be done in a single document, and no fancy formatting is required.

Videos:
Watch all of the videos in the course. You will need to click the ‘Completed’ button on each page in the online classroom before continuing to the next video. After each video lesson (except for Lesson 9) write 1-3 paragraphs about your thoughts on what was discussed and taught. The lessons are as follows:

- Lesson 1: Melody & Kathy || Servant Leadership
- Lesson 2: Kathy & Lynette || Getting To Know Your Guests
- Lesson 3: Hilarie, Nancy, & Maria || Infusing Love into Service
- Lesson 4: Laurie & Mindy || Creating and Keeping a Loving Environment
- Lesson 5: Ashlee & Sydney || Self-Growth Through Servant Leadership
- Lesson 6: Amy & Lisa || Thoughts from Certified Instructors
- Lesson 7: Melody and Marq || Importance of Passion in Service
- Lesson 8: Melody, Kathy, Hilarie, and Maria || Learning From Our Mistakes
- Lesson 9: Closing
PDF: After watching the videos, study the content included in the rest of this PDF, pages 3-25 (Sections 1-9). These sections will cover some additional things that aren’t specifically addressed in the videos. Write 1-3 paragraphs about your thoughts after each section:

1. Great Ways to Show LOVE
2. How to Take Care of Your Guests/Students
3. Staff Rules Regarding Guests/Students
4. Staffing
5. Décor...Beauty is a Love Language
6. First Names
7. Gifts...Another Way to Show Love
8. Food & Beverages
   o Allergies & Special Diets
   o Beverages
   o Menu Planning
   o Food Safety
9. Music

Essay Questions: Lastly, please answer and submit the following essay questions:

1. What do you want most for your students?
2. What is your personal experience with, or testimony of, Soul Restoration that you will share with others?
3. What do you feel are your gifts to give as a Servant Leader?
4. What are the gifts you are going to need help with from your staff?
5. What are you most excited about as you think about teaching Soul Restoration?
6. What are you most nervous about when you think about teaching Soul Restoration?
7. What is your primary motivation? What do you hope to gain in your life from teaching Soul Restoration?

Note: As a Certified Soul Restoration Instructor, you will have the opportunity to teach Soul Restoration in a countless variety of ways that you will choose from....everything from a week-long retreat setting to weekly living room meetings to one-on-one situations and so on. In the following sections we will share some things we have learned from our 7 years of experience teaching Soul Restoration at week-long Brave Girl Camps. The principles, guidelines, and intentions taught here apply no matter what form your events ultimately take.
1. Great Ways to Show Love

Each of us has so much power to affect the people around us. We have the ability to build each other up...and we have the ability to hurt and destroy. Let’s make sure that we use our voices, our thoughts, our eyes, our hands, our ears, our words, and our actions to always always always show our love and compassion rather than ever using any of these things to hurt or destroy...because we have the power to do both. Let’s choose to LOVE everyone with all that we have.

HOW TO SHOW LOVE WITH YOUR EYES

- Look at them with your heart and don’t look away when they are talking.
- Look them right in the eye with love...see their soul...see their possibilities.
- When in a group, listen and comment silently with your eyes...respond with looks of love, compassion, and acceptance. Don’t interrupt.
- When they share something with you that is hard for them to share, don’t look away.
- Let them know there is nothing they could ever share that could change their value or change the way you feel about them.

HOW TO SHOW LOVE WITH YOUR WORDS

- Speak from the heart and from your own experience.
- If it is not kind, true or necessary, don’t say it
- Say things in plain and kind language...no sarcasm or hinting around.
- Ask questions about them. Be genuinely interested.
- Let them get to their own answers. Don’t lecture. Speak life and focus on solutions instead of problems

HOW TO SHOW LOVE WITH YOUR THOUGHTS

- Think loving thoughts of them. Choose not to judge.
- Wish them only the best, always. Choose to want goodness for them.
- Give them the benefit of the doubt. Give them grace, mercy, and forgiveness.

HOW TO SHOW LOVE WITH YOUR ARMS

- Hug them, touch them on the arm or hand etc. (if you have the right)
- Respect their boundaries and learn how much space they want and need
- Clap for them when they are awesome...especially the small things
- High-5 them
- Bring them into the circle. Save a seat. Make a spot.

HOW TO SHOW LOVE WITH YOUR EARS

- Try to hear what they are really saying
- Wait until they are done talking, then make sure you understand what they said

HOW TO SHOW LOVE WITH YOUR ACTIONS

- Don’t squish their sacred stuff. If they love it, protect their heart around it.
- Be forgiving of their weaknesses. If they aren’t good at it, help them with it.
- Be considerate of their fears. If they are afraid, protect them until they aren’t.
2. How to Take Care of Your Guests/Students

Before they arrive...

Study their names, pictures and biographies ahead of time. Know of any special needs if possible. Think about them and pray for them.

Our responsibility to create a feeling of love and safety begins with the VERY FIRST contact with us. From the time they visit our website and fill out a registration form our job begins...every interaction, every email, every request for information, every contact...is another opportunity to either build the feeling of love and safety and connection...or it's a missed opportunity. Shortcomings of any kind in treating guests with the utmost in respect and caring can mean an unsuccessful outcome for them. It’s ALL CRITICAL, from the very first contact. Every person on your team must understand this and do their part.

Creating relationships that will last...

Relationships between the women who attend your event can begin to form long before your event starts and keep growing even after your event ends. For us, it is ideal for the women who come to our events to form strong bonds with each other and be able to rely on one another. Watching these relationships grow is one of the most rewarding parts of what we do.

Weeks before your event, you might want to set up a private, secret Facebook page just for that session of your event, and invite those who are attending to be part of it. The first post should be one from you, expressing your excitement and the purpose of the page (which is for them to start to get to know each other). Invite each participant to introduce herself.

Use the page as a back-up method of sharing information with your guests. Send the information via email, but then post a copy on their Facebook page as well, in case emails get lost in cyberspace.

You can also send a questionnaire to your guests for them to fill out several weeks in advance. We post these on a special webpage that only the guests for that particular event have access to.

These bios are an important part of the bonding that happens, so we encourage you to do them....or something like them. If creating a webpage for them feels overwhelming, you could even just use your event’s Facebook Page for this.
As soon as they arrive…

Make loving eye contact as soon as possible. SEE THEM!! Don’t look at them and not see them…make sure they know that you really see them. Acknowledge them.

Call them by name if possible (they should be wearing name tags) as you hug and greet them…Yes, hug them!! Even if it doesn’t seem like they want a hug. Everyone needs a hug.

After everyone has been greeted, immediately break the ice and help them feel at ease. Remember that every one of them is coming wanting to feel safe enough to be exactly who they are. They want to belong. They want to know that they CAN and DO belong. Each of them brings heavy baggage with them, along with a cardboard cut-out of the perfect self they wish they were and that they want to present to the world. Each is afraid of something, each is grieving something, each has lost something at some time. Each is coming wanting something, wishing and hoping for something and needing something. Each has something to give and something to teach. Each wants to know who they are and what is the purpose of their life. They came to you and to your event because they want their souls to be restored.
3. Staff Rules Regarding Guests/Students

Surround yourself with those who want to SERVE on the front lines…who don’t believe in a hierarchy…and who are not there for position or recognition but for the benefit of the guests.

We have stringent rules as a staff that are critical to the outcome of our retreats. The number one rule is to honor our guests and to do all that we can to make them feel safe and loved. We pray for them as a group. We learn about them. We make sure their needs are taken care of and we treat them all with equal love and value. We have no “favorites” … everyone is to be treated with equal love and respect….and that means every bit of love we have in our hearts. This is the magic ingredient of Soul Restoration …it simply cannot work without love, safety and respect. EVERY staff member needs to understand this and agree to it.

This means carefully selecting your staff members. This is perhaps the most important part of planning any Soul Restoration teaching event. The right people will gladly abide by these rules. We hope you can learn from some mistakes we have made regarding staffing in the past...

Here are our rules...

- If you cannot have kind feelings about all staff and all guests, remove yourself
- No side talk of any kind about staff or guests
- Never pair off or go into groups as a staff that could appear as a clique
- No whispering as staff or even communication through “looks” or “elbowing”
- Make sure all guests are included in whatever is going on
- Never EVER talk in a negative way about guests…no matter what, even privately
- Love the guests who are difficult, make sure they know that you love them
- Take any problems to ONE staff member with authority and then let it go, no gossiping
- Make sure you are taking care of yourself, and take care of each other too
- Step in and support each other whenever you can
- If you see something that needs to be done, step in and do it, don’t assume someone else will do it. This is important!
- Do all of the work with joy, remembering that every act of service is an act of love
- Remember that there is NO HIERARCHY, we are all there on the front lines serving together
- Remain “unplugged”, especially in front of guests
- Make eye contact with and acknowledge guests every time you see them
- Watch for any guests who may be falling between the cracks and include them
- Participate as much as possible once the work is done
- Make sure the guests know how much you love serving them
- Acknowledge and love the other staff members
- Participate in morning and evening prayers for the guests and the event
One of our most important rules is that we do not allow anyone to staff unless they have been to a Soul Restoration event or at the minimum completed Soul Restoration online so that they can understand the work we are doing. We also make sure that the staff wants to come because they want to **serve the guests**, not because they want to serve us or for a feeling of importance or position. The women you are looking for will have a servant’s heart and no ego involved. It is very important that everyone is on the same page...because the greatest payoff of this work is the transformation of the guests and that must be the intent of the service. A volunteer would end up disappointed if their intent was to advance in position rather than serve the guests.

**Everything is about the guests.** It is the most wonderful experience you could ever have, to be in service of others who are working so hard to restore their souls.

**Remember to always...**

- Honor them
- Validate them
- See them
- Honor the sacrifice they have made to be there
- Honor, address and validate how nervous they may be to be in a new place
- Honor the stories they are probably telling themselves about how they don’t fit in or aren’t good enough
- Honor the worries they may have about what or who they left at home
- Honor any shyness
- Honor their usual techniques for surviving social situations...laughing, loud talking, hiding, avoiding, making jokes, etc
- Think loving thoughts about them through it all
- Speak loving words
- Look them in the eyes and see the beautiful soul that they are

The foundation for many of these things can be accomplished in just the first hour with the way they are greeted and with your opening activities.
4. Staffing

There is nothing more critical to your success than surrounding yourself with the right people. Start with those who have a servant’s heart and who are hard-working and cheerful and fun to be around. You can teach them the rest.

Your needs for a staff will vary tremendously depending on the type of event you plan. For Brave Girl Camp, we typically had 12-15 volunteers on staff for a group of 20-25 guests. In addition, we had people working on registration details, gathering all the information from the campers like bios, photos, waivers, travel details, payments, and so forth.

For a weekly home meeting, you might not need any help at all, although it’s nice to have a couple of people on hand to help with details and refreshments and so on.

We started Brave Girl Camp with volunteers who were friends and family who were enthusiastic about what we were trying to do. Luckily they kept coming back for more. Our staff has been an enormous blessing to Brave Girls Club. When we became able to do so, we started paying them.

If you’re not sure where to start, you might consider offering free ‘tuition’ to your course for carefully selected women, in exchange for their work on staff. That’s a good way to enroll women in the vision of Soul Restoration so that they can be completely on board with what you are trying to accomplish.

The rules we have for our staff are very stiff and rely 100% on having the right people…cheerful, ready-to-pitch-in, positive people who already have the heart for the soul work we are doing. They have the needs of the guests as their first priority.

Some tips:

- Make it a policy to keep all behavior above reproach. This means to act as if there is a hidden camera on you and your staff….make sure that you would always be proud of your behavior if it were filmed and broadcast…that you would never be embarrassed or feel bad, and that there would never be anything in your conversation or behavior that would wound another in any way or cause others to lose trust in you or to feel anything but safe.
We pray as a staff in the morning before our guests come and the last thing at night. This is a non-denominational prayer of deep gratitude and asking for guidance and protection over all. This has become a critical part of our preparation.

Remember….not everything will go smoothly. You will have things go wrong, and you will experience opposition (as there always is when you are doing something good). But your thorough preparation and your commitments (as a TEAM) ahead of time to do these things will keep you on the right track and prevent mistakes from happening. In a Soul Restoration setting, a mistake (such as anything that could make a guest feel they are a bother or they are unwelcome or judged, etc.) is something that really can’t be completely unwound after the damage is done. Choose the right people to help you and then train them well, remind them of the vision behind what you are doing, work joyfully side by side with them, be firm about expectations and what is okay and what is not, and show THEM love and deep appreciation as often as you can. Anything else puts the experience of your guests at risk.

SHOW APPRECIATION to your staff. Thank them and thank them and THANK THEM. Shower them with your love and appreciation.
Décor doesn’t have to be expensive to be beautiful. Use your creativity and ingenuity to make each and every spot and corner of your venue pleasing to the eyes (décor), the ears (music and speech), the nose (light fragrances), and to the taste (food and drink).

- We love to use our most beautiful dishes and serving ware for meals. You don’t have to spend a lot of money to set a beautiful table....
  o Thrift stores are great resources for beautiful serving ware.
  o Dollar stores can also be surprisingly great for dishes, glasses, goblets, salt & pepper shakers, etc.
  o Who says everything has to match? A lovingly collected assortment is far more interesting than matchy matchy...and easier on the budget.

- Nice paper plates and cups are perfectly acceptable for lunch, but we almost always choose ‘real’ plates and nice water goblets for dinner. ‘Real’ eating utensils are a non-negotiable....we can tolerate a nice paper plate but not a plastic fork.

- Candles are always beautiful and create a mood that nothing else can replicate, but use them with care!

- White lights are a perfect way to add lovely ambience to a table. We are in love with the new LED string lights. Some are even battery operated so no cords have to be strung across the floor. Strings of warm lights both inside and outside are something we would never skip!

- We also like cloth napkins for dinner and have collected a variety of silver napkin rings over the years. You can also make beautiful handmade napkin rings for just pennies. Using cloth napkins means a load of laundry every day, but we think it’s worth it to make things special.

- We have used everything from canvas drop clothes to thrift store bedspreads to white matallese quilts for tablecloths (our favorites because they are washable and bleachable and just look better and better with every wash). The quilts were a large investment that we
didn’t make until our fifth year…until then we created beautiful tables with very inexpensive materials. Use your imagination; use what you have; use what you can make.

- Easy-sew chair back slipcovers make even standard folding chairs something special in your dining room. Try the back of fabric stores for closeout fabrics.
- For extra-pretty paper napkins, try Dollar Stores. They often have beautiful printed napkins on hand that can be very hard to find elsewhere. (These are often great for collaging, too!)
- Fresh flowers are on our ‘critical’ list….they bring life and color and unmatched beauty. We buy ours economically at a local grocery store and arrange them ourselves in thrift store vases and containers. We buy the freshest flowers we can find and they last at least a week. If the season is right, we are sometimes able to use flowers from Melody’s garden. 😊
- Probably the most important thing is that everything is clean and tidy. We power wash the deck the day before camp. We weed the flower beds. We wipe off all the outdoor furniture. We dust and vacuum and make sure everything is fresh and sparkling. Yes, all of this has to be kept up constantly throughout camp…and it’s totally worth it.
- In our gathering area in the Art Barn, we make sure there are lots of comfortable pillows on the sofas. We also keep a collection of blankets on hand in case someone is chilly.
- PHOTOS…we love to decorate with photos of the guests and the people, places, pets, etc that are most important to them. We ask each guest for at least 10 such photos and then on set up day we hang them from strings of lights and cording stretched around the walls in the dining area and in the Art Barn. This is one of the most important things we do to create a feeling of being loved, important, SEEN, and safe at Camp. It’s a very small thing that pays off in huge dividends. At the end of the event, we let our guests find their photos and take them home with them.

When you are in the planning stages, think through every moment of your guest’s day…beginning to end….and see how you can make each moment the most comfortable, safe, beautiful, and pampering. Think through what problems might come up or what might be confusing. Any problem or confusion you can prevent from happening will add immeasurably to the outcome for the guests…and because you’ve prevented it, no one will outwardly know the steps you took. But they will know that they feel loved and taken care of in every way.

Be sure to provide a variety of seating options for those of different body types. Heavier folks can feel a great deal of stress if they can’t find a comfortable place to sit or if the only chairs available are plastic patio chairs. Show them they are loved from the very minute they walk in by making sure there is comfortable, safe seating for each person. Be on the alert for those with conditions such as back pain, etc., as well. Talk with them privately as ask if there might be a specific chair that would be more comfortable.
6. First Names

Use Your Guests Names as Often as Possible

There are few things more important and beautiful to people than the sound of their own name spoken by someone who loves them.

We put our guests’ names on everything we can think of, even if it seems redundant and ‘too much’ (is there such a thing??). A person who arrives at your retreats and sees their name (spelled correctly!) and thoughtfully placed on each of their items will immediately come to see how important they are...not as a member of the group, but as a unique, individual, special soul.

You will also find as you spend time carefully creating name tags and other things for your guests, the more your love for them will grow. When they arrive there’s a good chance you will be surprised by the love and connection you feel to them. Much of that comes from all the time you spend serving, thinking about them, visualizing them, and making things for them that are personalized before they ever arrive.

Another perk of putting names on everything is that everyone knows which stuff is theirs. But that perk pales in comparison to the others.

Nothing has to be expensive or too time-consuming. Use your own ingenuity and creativity and the resources you have…and idea-banks like Pinterest can be very helpful as well!
7. Gifts...another way to show love

For Brave Girl Camp, we surprised our guests with personalized ‘gifts’ that we gave out at different times throughout the event. For our first camps, we did WAAAAY too much! In the years since then, we have pared our list down to the following:

- A Brave Girl tote bag filled with wonderful things to make their stay easier and to help them remember their experience. The basics include:
  - Nametag. (These are used to ‘label’ the totes so we know whose is whose…then they are removed from the bags and worn as name tags.)
  - Snacks such as granola bars, homemade cookies, nuts, fruit, etc. (Make sure ALL snacks in the tote are appropriate for special needs or diet.)
  - A bottle of water.
  - Their Souvenir Booklet. This is a little booklet that contains information they will need throughout the week, plus fun pages that will serve as memories for them long after camp is over. We also include photos and names of each of the guests AND each of the staff members. A sample Souvenir Booklet will be included with your CI training materials.
- Book and Print:
  - At the end of camp, we often presented a copy of Melody’s book, “You Are Going To Be Okay” (which we read together as part of the closing), and perhaps a Decision Maker or an Art Print.
- Brave Girl Apron
- Brave Girl Hoody
- Water Bottle: (Either a Brave Girl printed water bottle OR a clear acrylic cup with a lid and straw...hand-decorated with a white paint pen) to be used throughout Camp.

Make each gift extra special by including a gift tag with their name. It makes a HUGE difference. It sends a clear message that each person matters individually, not only as part of the group. It doesn’t have to be fancy...a paper tag with a hand-written name is perfect!
Allergies and Special Diets

Some diets are forced onto people because of medical reasons, they are following a religion that has food restrictions, or it is a lifestyle choice. **ALL are equally valid.** If a person chooses to be a vegan and chooses not to eat meat then their choice should not be belittled or ignored…it should be honored. Sometimes a person may have a combination of food restrictions which can lead to some extra challenges.

**When a person with dietary restrictions is away from home, eating can be a very stressful experience.** Everyone deserves to be pampered and respected and to have a wonderful experience eating beautifully prepared food that is appropriate for their needs. Very often, people will come to Camp who can’t remember the last time they ate a delicious meal that someone else prepared without worrying about danger. Many are used to providing their own food when away from home. You have an incredible opportunity to show love and caring to your guests in these situations.

*It begins with asking your guests well before they come about their food restrictions, and then planning ahead.* We always try to prepare dishes that are similar for all our guests. For instance, if we are having homemade tomato soup with cream, we might make a version with coconut cream instead for someone who is Dairy Free. Or if we are baking brownies, we bake up a batch of gluten free brownies if needed. It’s an extra measure of care to do our best to make everyone feel included and never left out.

People with special diets may feel that they are being a bother to you. Assure them that it is your pleasure to prepare beautiful food for them to enjoy. This is a tremendous gift to them, and to you.

At Brave Girl Camp, we always have one person on our kitchen staff who oversees special diets. They communicate often with the guests they are serving and make sure they are well taken care of. They also often explain exactly what is in a dish to reassure the guest that it is safe. It helps tremendously to have ONE person who owns this important responsibility, especially since the kitchen gets very busy at serving time, and it’s easy to get confused. It also helps to post a print-out inside a kitchen cabinet with photos of those with special diets, along with a list of their needs, where staff can refer to it often.
Another option that works VERY well is to offer menus where the guests fill their own plates and choose exactly the foods they want. For instance, a taco bar or salad bar would be a great choice that would make including a variety of foods easy. We always label foods that are Gluten Free or Dairy Free, etc., so that the guest doesn’t have to ask a lot of questions…they can easily choose exactly what they want. We like to use little chalkboard signs that we stand in tiny vases filled with lentils. You’ll find something that works great for you.

The following is basic information on different dietary restrictions you might come across. Kudos to http://earthsgeneralstore.ca/ for the following great information:

Some common food restrictions are:

**Gluten**

Can be a choice, an allergy, intolerance or (very serious) Celiac Disease.

Many grains have a protein component in them that some people react to or choose to avoid. This protein is gluten. It is the component of bread that provides structure – makes the bread rise and holds it up to make all the air holes in it.

Wheat is the main item that has gluten in it but it is also in several other grains such as rye, barley, spelt, emmer, farro, einkorn, and kamut. There are several grains or pseudo-grains that don’t have gluten in them such as quinoa, corn, rice, wild rice, millet, amaranth, and teff.

You will find gluten not only in bread, buns, pastries, etc. but also in foods like pasta, cereals, soups, etc. Many processed foods have hidden gluten. Even soy sauce contains gluten.

Be careful not to cross-contaminate when preparing food. In some cases, a gluten intolerance or allergy can be so severe that you must use different cooking tools etc for preparation and serving. Ask your guest so that you are sure whether you need to do this or not.

**Definitions:**

Celiac – this is a serious chronic disease in which the small intestine is very sensitive to gluten. This sensitivity in turn makes it difficult for the person to properly digest their food. These people need to avoid all items that contain gluten as gluten in any quantity will make them severely sick.

Wheat Free – products that do not contain wheat. Caution since these products may contain gluten – such as oats – that some people may not be able to tolerate.
Gluten Free – if a product is indicated as gluten-free it is usually naturally gluten-free and processed in a manner that did not contaminate it with the gluten protein.

Look for many excellent gluten free products now available in most supermarkets.

**Allergies**
If a person is allergic to seafood or bee products you might want to know this before they have an allergic reaction at the dining table. All allergies are to be considered extremely serious matters that require careful planning, care, and attention.

**Vegetarian**
This diet may be a personal lifestyle choice or for religious reasons.

A vegetarian diet is one where a person does not eat animals, fish or birds. Basically it is a diet that does not consume a product from an animal, fish or fowl where the animal was killed to get the product. So an egg will be acceptable on a vegetarian diet but chicken breast not. The same for cheese and milk but not a hamburger.

**Vegan**
This diet may be a personal lifestyle choice or for religious reasons.

This is all of the vegetarian diet but these people do not eat any product that is derived from an animal, fish or fowl. They do not eat foods like milk, eggs, cheese and may not eat honey (some do and some don’t). There are different levels of veganism and you will need to figure out where this person(s) is on that spectrum.

**Dairy Free**
Some people are not able to digest a sugar in milk and milk products. The sugar in this case is usually one that is called lactose. These people will try to avoid lactose because the consequences can be quite uncomfortable for them.

The person suffering from lactose intolerance is deficient in lactase, a critical enzyme, in their gut. There are certain cheeses that are lactose free and milks that have a dose of lactase enzyme added to the product to help the person process the lactose.

**Paleo**
The people that follow this diet seek to consume food that would have been eaten by humans during the caveman era. This would exclude dairy (milk and cheese), cultivated
grains, legumes, processed oils, most processed foods that have not been made specifically for this dietary choice, and any type of refined sugar.

**Tips for Feeding People with Special Diets**
Here are some tips to help make your event successful and pleasant for everyone attending:

- When accepting registrations, ask people to let you know if they have any dietary restrictions. Make it easy for them to get in contact with you (email address works well since things could be complicated and you will need to have the information written down).
- If it is a dietary restriction that you are unfamiliar with ask them for details. The person(s) are the experts on their diet – use them as a resource.
- Share your menu with them to see if there is something that may be a trigger for their diet. Talk with them…it will put them and YOU at ease. They will appreciate it!
- The Internet offers lots of information on diets, food restrictions, AND recipes. Use it and maybe you will find a great recipe that you will not only use for this occasion but add to your collection of go-to recipes.
- Steamed vegetables, fresh salads, and simple foods are quite often good options.
- Be conscious of hidden triggers – wheat in gravies or soy sauce, dairy in sauces and deserts, red wines, honey, etc.
- Have an open attitude and show love and respect to the person regarding their diet.
- People that have dietary restrictions appreciate that a host wants to accommodate them and will work with the host to make it all work out.

The Internet has lots of information on different diets and LOTS of recipes (we love to use Pinterest for this). Use it as the great tool it can be.

**Beverages**

If our goal is to make sure everyone feels loved, then seemingly little things like beverages become very important especially since often we have our guests in a place where they aren’t able to get things for themselves…they are captive and at the mercy of what we provide for them.

Making sure they have not only what they need, but what they WANT is a sure way to show them that you love and care about them in every way.

- Make sure that a variety of beverages are available at all times. We include ice on our list of must-haves.
- Keep a supply of paper or plastic cups for cold and hot drinks (with lids and stir sticks) on hand.
• We wrestled with keeping an adequate amount of coffee available for years…until we invested in two professional Keurig machines. It has changed our LIVES to have these on hand! The guests LOVE being able to make their own coffee just the way they like it.
• You can find a wide variety of shelf-stable coffee creamers at affordable prices at restaurant supply stores such as Cash & Carry.
• Don’t forget to include sweeteners such as Stevia, Splenda, and sugar (we use sugar cubes), as well as fresh half & half.
• Include creamers for those with special diets such as those made with soy, almonds, coconut, etc.
• For mealtime, we narrow down the beverages to ice water (with a slice of fresh lemon) and iced tea, with lots of sparkling ice cubes.
• For Art Barn beverages, we always buy a supply of Coke, Diet Coke, Pepsi, Diet Pepsi, Mountain Dew, Diet Mtn Dew, Diet Cherry Coke, Dr Pepper, Diet Dr Pepper, a light lemonade, and water. Sometimes guests will request another kind of soda which we are happy to provide. Ask your guests what they would like…it’s important!

Menu Planning

Food is definitely high on the list of ways to show love, and while it can be a lot of work, there are ways to make it easier on you and your staff. Planning your menus is at least half the battle. It’s far different cooking for 20 or more vs a dinner party for 8. There are so many things to consider, such as:

• Equipment you have available (Such as: One oven or two? Lots of freezer space? Crock pots and mixers and blenders, etc)
• Space
• Time
• Staff
• Budget
• Experience

We have learned that anything that can be made ahead and frozen will pay off BIG during your event and give you more time to spend interacting with your guests. Things that freeze well and make your life a breeze are:

• Cookie dough
• Many desserts like brownies
• Casserole-type foods like lasagna or macaroni & cheese

Don’t be too stuck on home-made. Cornbread or brownies made from a mix will be just as delicious as scratch and will save you some time. A good mix of home-made and pre-made foods for each meal will help you out immensely.
Foods that hold well are very important….anything that has to be finished and served immediately isn’t something you want to plan for a large crowd. Save that for a dinner for 2 🎪. We often have to postpone serving a meal for an hour or more…decide now that you will be flexible with your schedules. It’s more important that everyone is happy and relaxed than that you stick to a stringent schedule.

We also try to plan a good balance of healthy foods, comfort foods, and decadent treats. It can save a lot of time to plan menus that consider the special diets you are cooking for. For instance, if you have vegetarians in your group, why not plan a couple of menus that are completely vegetarian so that everyone can have the same thing. Plan some gluten free desserts, or maybe some big salad bars or taco bars that easily accommodate everyone’s wants and needs. Including a variety of fresh fruits and vegetables is of course very important.

The most important ingredient in your food is LOVE. That may sound trite, but it is something that we absolutely believe. The care, the love, and even the attitude with which we prepare food comes through.

Food Safety

There is NOTHING more important than the safety and comfort of your guests and that includes making sure that their food is carefully prepared and stored so that it is safe.

- Always wash your hands after handling raw poultry and meats
- Wash and dry cutting boards in between prepping raw food items to prevent contamination
- Never use the same serving utensils or plates for raw and cooked food
- In hot weather above 90°, do not let food sit out for more than one hour
- Discard food left out more than two hours
- Keep cold foods cold (below 40° F) and hot food hot (above 140° F) and never in the ‘danger zone’ of 40-140° F.
- Have plenty of good dish soap and hand sanitizer on hand. It doesn’t hurt to add a splash of bleach to your soapy dish water.
- At Brave Girls Club, we have a policy of never having raw chicken in the kitchen. We either pre-cook it at home or purchase pre-cooked chicken. Better safe than sorry.
We recommend posting a copy of the following food safety chart in your food prep area and reviewing it with anyone who is involved in food prep, serving, or storage.
I. Music

Music has power like nothing else to create a mood, give a sense of peace or belonging or energy or really any emotion… the power to bring back a memory of a time or place or feeling… the power to bring people together. It’s a vital part of soul work.

By the same token, some music has the power to be disturbing and disruptive to soul work, so it is a power that must be used carefully and thoughtfully.

Select music with the needs of your guests/students in mind. It’s all about facilitating their experience.

When considering music for a Soul Restoration event, it’s important to consider the tastes and ages of everyone in the group… it is your responsibility to choose music that is uplifting and invites a happy, peaceful spirit. Make sure that the lyrics are appropriate for anyone to hear.

We recommend that you build playlists for different parts of Brave Girl Camp, such as Early Morning, Journaling Time, Meal Time, Mid-Afternoon (when you need a jolt of energy), late night Art Time, etc. An app like Spotify will make this easy and affordable.

And of course, the traditional song that we’ve played before every single meal since the very first Brave Girl Camp… “Everybody”, by Ingrid Michaelson! Music can create traditions that forge connections… and this song is a great example of how using music to create group synergy has worked over the years.

The things we’ve learned about the importance of music from our own experience is backed by scientific research… namely, singing together forges connection between people, it helps us lock in memories of specific experiences and feelings, it makes us feel good, and it’s an effective tool to help in healing. The rapid social bonding that singing encourages can be particularly powerful in a Soul Restoration setting.

“Song is a powerful therapy indeed.”

New science reveals that group singing not only helps forge social bonds, it also does so particularly quickly, acting as an excellent icebreaker. We’ve also shown that community singing is effective for bonding large groups. Music has been used throughout history in many healing rituals, and is already used as a therapy in our own culture (for the relief of mental illness, breathing conditions, and language impairment, for example). Everyone can sing—however much we might protest—meaning it is one of the most accessible forms of music making, too.

The satisfaction of performing together, even without an audience, is likely to be associated with activation of the brain’s reward system, including the dopamine pathway, which keeps people coming back for more.
Singing has also been shown to improve our sense of happiness and well-being. Research has found, for example, that people feel more positive after actively singing than they do after passively listening to music or after chatting about positive life events. Improved mood probably in part comes directly from the release of positive neurochemicals such as β-endorphin, dopamine, and serotonin. It is also likely to be influenced by changes in our sense of social closeness with others.”

(greatergood.berkeley.edu)

At Brave Girl Camp, singing was always done with a guitar, but that is absolutely not necessary. Singing without a guitar is just as effective….just like around a campfire. 😊

We love the message that the Jewel song, ‘Life Uncommon’, gives and that’s why we have used it at every camp. In your Training Manual which you will receive at Certified Instructor Training, we will provide you with words and chords for this song, along with a strumming pattern recommendation in case someone does want to learn to play it on the guitar. It is a simple song to play, even for a beginner, with a little practice.

Whatever way works best for you, be sure you incorporate great music into your Soul Restoration teaching:

• Have background music playing when your guests arrive
• Play great music during meals….we like jazz standards
• Try dance music for a break mid-afternoon
• Be ready with soft, contemplative music during journaling time and when cutting out truths
• Do some group singing, like Life Uncommon. Don’t be afraid to be imperfect! If you and your staff are enthusiastic and positive participators, that’s all that matters.
  o Don’t be worried if on the first day, Life Uncommon isn’t great. Keep at it every day because during the course of the event, the things they are learning will make the lyrics ever more important and meaningful. Keep at it, building one practice at a time, and on the last day you will have a song that will lock in their powerful experiences and healing they have had, as well as bond them together as a group of soul sisters!
Final thoughts on showing love through Servant Leadership

Think carefully and intentionally about everything your guests see, hear, feel, touch, taste, smell, and experience. ALL OF IT needs to lead to feeling safe and creating JOY, LIGHT, LOVE, TRUTH, BEAUTY.

You are creating an environment where your guests can hear their Truth Teller...where they can figure things out for themselves. It won’t happen by accident. It takes planning, care, intention, and a lot of work! It takes humility and unity. It takes planning and decision-making. It takes Servant Leadership...a willingness and commitment to put the needs of others before your own.

Remind yourself and your staff often of the reason you are doing what you are doing, your WHY. Don’t lose sight of your purpose when you’re handling all those details and chores that are often unseen. Remind yourself and your staff that this is all going somewhere good!

Every act of service and love and sacrifice is helping to build a tangible web of love and truth. This is what makes every task and every bit of effort an act of Servant Leadership. This is how we change the world.