

# ROGUE FORUM

## Sample Forum Meeting Agenda

### **:00 – Arrival**

- Welcome
- Turn off and put away electronics
- Confidentiality reminder
- 1 minute meditation

### **Check-In**

- One-word check-in
- Clearing round

### **:10 – Communication Starter (*Optional self-disclosure exercise*)**

### **:20 – 5% Reflections**

- Must be fully prepared before the meeting with your 5% Reflection and key takeaways
- A time for members to share their most impactful moments from the past month in business, personal, and family life.
- 3-5 minutes per member
- Parking Lot Discussion

### **1:20 – Break (10 minutes)**

### **1:30 – Deep Dive #1 (*50-minute prepared session*)**

- This segment allows a member to share where they feel stuck or need clarity on an opportunity or issue
- A group learning experience where members offer insights and support.
- Coaching in advance of meeting

### **Deep Dive Agenda**

<b>What</b>	<b>Who</b>	<b>Scheduled Coaching</b>	<b>Open Coaching</b>
One-word open & confidentiality	Moderator	<1 min	<1 min
Coach's intro & communication starter	Coach/All	5 min	—
Deep Dive (no interruptions)	Member	10 min	15 min
Optional questions	All	5 min	—
Silent reflection	All	3 min	3 min
Reminder: listen for own value	Moderator	<1 min	<1 min
Experience-sharing	All	3-5 min each	~25 min
Individual take-home value	All, presenter last	5 min	5 min
One-word close	All	2 min	2 min

### **2:20 – Break (10 minutes)**

### **2:30 – Deep Dive #2 (40-minute impromptu session)**

### **3:10 – Alternate Format**

- Can include:
  - Topical discussion
  - Subject matter expert
  - Connection exercise

### **3:40 – Housekeeping**

- Future meetings and retreat planning
- Membership updates
- Meeting debriefs using 'Stop, Start, Continue'