



# ICANStart

for **TEAMS**™

## Leader's Guide

This ICAN Start for Teams Leader's Guide is designed to give you everything you need to support your downline as they proceed through the ICAN Start class inside ICAN Institute's Gold Membership. This class will help them set business goals, build their confidence, move past their fears, expand their mental and emotional set point, and grow their business to new heights. ICAN Start for Teams will help them turn personal development into real business action.

Each participant must have their own ICAN Institute Gold Membership so they have personal access to the class lessons, ICAN Neuro Tools, Monday Mindset Coaching Sessions, and affirmation recordings that are the foundation of this transformational process. There is no sharing of Memberships allowed.

The ICAN Start for Teams program is designed to help you create a shared team/downline experience while your team members uplift their mindsets, identify their limits, share their breakthroughs, become unified in their thinking, and act as accountability partners moving through their personal limiters together.

While you have complete flexibility to customize the program to fit your needs, this guide offers suggestions for implementing this training together as a unified team.

## **Program Suggestions:**

1. Set up a weekly Team Q&A session that is facilitated by you or one of your leaders. The suggested time frame for each session is 20-30 minutes long.
2. Have each member watch the welcome video Deb created for you. The link has been emailed to you.
3. Everyone enrolled in Gold Membership will have access to the ICAN Institute Facebook Community where they can get Deb's feedback on their homework as well as support from our large ICAN Community.
4. Create some fun recognition or engagement targets for them to hit along the way.
5. Set up a launch date and a completion party to mark the beginning and end of the program.
6. Make sure that participants watch one lesson of ICAN Start each week and complete the homework and ICAN Neuro Tools that go along with each lesson.

## Week 1- Review Orientation Class - Q&A Session

### **Introduction and agreements to share with the group:**

1. Agree to confidentiality. What is said in these meetings/calls is confidential. All should agree to keep these discussions within the group so everyone can share with ease and confidence. Help them understand the difference between the appropriateness of them sharing their own a-ha moments with anyone they wish and the inappropriateness of sharing anyone else's a-ha moments.
2. Play full out! Agree to complete the class, do the homework and show up for yourself 100%.
3. Agree to find and utilize accountability partners (use the accountability partner handout if desired).

### **Week 1 suggested discussion questions:**

1. Would anyone like to share your vision board or goal poster with the group?
2. What did you discover about your goals while filling out the Elevating My Commitment to My Vision and Goals?
3. Where is your belief about your ability to achieve this goal? 1-10?
4. What negative habits, beliefs, or limiting thinking will you have to release to achieve this vision or goal?
5. Did anyone have any major a-ha during the class that you want to share?

### **Reminders:**

1. Complete Lesson 1 by \_\_\_\_\_, and share your homework in ICAN Facebook Community.
2. Remember to jump in on the live Monday Mindset Coaching Session with Deb or catch the recording later – it is a powerful way to set your tone and vision for the week.
3. Remember to use the daily ICAN Neuro Tools for this week.
4. Find your accountability partner and make your plans to connect this week.

## Week 2 – Review Lesson 1

### **Week 2 suggested discussion questions:**

1. What did you discover about your Emotional Scale? Where do you hang-out?
2. Did you use the Self-Coaching Questions? How did it help you?
3. Did you use your ICAN Neuro Tools? Which one is your favorite so far?
4. Does anyone have questions or a success story they want to share?

### **Leader Notes:**

### **Reminders:**

1. Complete Lesson 1 by \_\_\_\_\_, and share your homework in ICAN Facebook Community.
2. Remember to jump in on the live Monday Mindset Coaching Session with Deb or catch the recording later – it is a powerful way to set your tone and vision for the week.
3. Remember to use the daily ICAN Neuro Tools for this week.
4. Find your accountability partner and make your plans to connect this week.

## Week 3 – Review Lesson 2

### **Week 3 suggested discussion questions:**

1. What did you discover about your triggers?
2. What business activities do you tend to avoid and how does that connect to your past? (Connect the Dots Activity)
3. Did you use your new ICAN Neuro Tools this week? Which one is your favorite so far?
4. Does anyone have questions or a success story they want to share?

### **Leader Notes:**

### **Reminders:**

1. Complete Lesson 1 by \_\_\_\_\_, and share your homework in ICAN Facebook community.
2. Remember to jump in on the live Monday Mindset Coaching Session with Deb or catch the recording later – it is a powerful way to set your tone and vision for the week.
3. Remember to use the daily ICAN Neuro Tools for this week
4. Meet with your accountability partner this week.

## Week 4 – Review Lesson 3

### **Week 4 suggested discussion questions:**

1. What a-ha did you discover about your trigger cycles?
2. How did you feel about reversing your personal trigger cycles?
3. Did you use your new ICAN Neuro Tools this week? Which one is your favorite?
4. Does anyone have questions or a success story they want to share?

### **Leader Notes:**

### **Reminders:**

1. Complete Lesson 1 by \_\_\_\_\_, and share your homework in ICAN Facebook community.
2. Remember to jump in on the live Monday Mindset Coaching Session with Deb or catch the recording later – it is a powerful way to set your tone and vision for the week.
3. Remember to use the daily ICAN Neuro Tools for this week
4. Meet with your accountability partner this week.

## Week 5 – Review Lesson 4

### **Week 5 suggested discussion questions:**

1. What did you learn about your habitual self-sabotages?
2. How did you use the Choice-Point Steps to STOP – and Pivot this week?
3. Did you use your new ICAN Neuro Tools this week? Which one is your favorite?
4. Did you notice a shift in confidence this week?
5. Does anyone have questions or a success story they want to share?

### **Leader Notes:**

### **Reminders:**

1. Complete Lesson 1 by \_\_\_\_\_, and share your homework in ICAN Facebook community.
2. Remember to jump in on the live Monday Mindset Coaching Session with Deb or catch the recording later – it is a powerful way to set your tone and vision for the week.
3. Remember to use the daily ICAN Neuro Tools for this week
4. Meet with your accountability partner this week.

## Week 6 – Review Lesson 5

### **Week 6 suggested discussion questions:**

1. Did you use the Motion Activator this week? How did it make you feel?
2. How did taking action NOW shift you on the Emotional Scale?
3. Did you use your new ICAN Neuro Tools this week? Which one is your favorite?
4. How is using your accountability partner helping you stay on track in achieving your goals?
5. Does anyone have questions or a success story they want to share?

### **Leader Notes:**

### **Reminders:**

1. Complete Lesson 1 by \_\_\_\_\_, and share your homework in ICAN Facebook community.
2. Remember to jump in on the live Monday Mindset Coaching Session with Deb or catch the recording later – it is a powerful way to set your tone and vision for the week.
3. Remember to use the daily ICAN Neuro Tools for this week
4. Meet with your accountability partner this week.



## Week 7 – Review Lesson 6

### **Week 7 suggested discussion questions:**

1. What assets did you uncover that make you feel unstoppable?
2. What ruts and limits did you discover? What is your plan to overcome them?
3. Did you use your new ICAN Neuro Tools this week? Which one is your favorite?
4. Did you notice a shift in confidence this week? Are you moving more easily into ACTION?

### **Leader Notes:**

### **Reminders:**

1. Complete Lesson 1 by \_\_\_\_\_, and share your homework in ICAN Facebook community.
2. Remember to jump in on the live Monday Mindset Coaching Session with Deb or catch the recording later – it is a powerful way to set your tone and vision for the week.
3. Remember to use the daily ICAN Neuro Tools for this week
4. Meet with your accountability partner this week.

## Week 8 – Review Lesson 7

### **Week 8 suggested discussion questions:**

1. Are you following your own Daily Success Formula?
2. What Neuro Tools did you put into your plan?
3. Did you notice a shift in confidence this week?
4. How is using your accountability partner helping you stay on track in achieving your goals?
5. Does anyone have questions or a success story they want to share?

### **Leader Notes:**

### **Reminders:**

1. Complete Lesson 1 by \_\_\_\_\_, and share your homework in ICAN Facebook community.
2. Remember to jump in on the live Monday Mindset Coaching Session with Deb or catch the recording later – it is a powerful way to set your tone and vision for the week.
3. Remember to use the daily ICAN Neuro Tools for this week
4. Meet with your accountability partner this week.

## Week 9 – Review Lesson 8

Time to celebrate with your team for completing the class and allow them to look forward to what's next. This session allows your team to recognize their accomplishments and step into their next personal growth or leadership development program.

### **Week 9 suggested discussion questions:**

1. How are you expanding your comfort zone everyday?
2. What are your Resets "New Upper Limits"?
3. How did you rate your Mindset Shift?
4. What is the biggest change you have seen in yourself these last 9 weeks?
5. Are you on track to achieve your goals?
6. Does anyone have a success story they want to share?

### **Leader Notes:**

### **Reminders:**

1. You can use our team discount code to continue your Gold Membership and jump into another class with Deb.