

# Momentum Accountability Groups

Welcome from Seth. Each accountability group has 4-5 members. Everything here is just a suggestion. Feel free to modify anything as needed with your group. You will choose a formal time to meet weekly this semester.

---

## Accountability group 1

Our groups chosen weekly meeting day: \_\_THURSDAYS\_\_ Time: \_\_8PM\_\_ Mountain time zone

Our zoom room details: \_\_\_\_\_

Name	Email	Child's age, grade, etc.	Location
1: Kristina Chip	tinachip@me.com	High school, 15	
2: Linda Simpson	lerickson3@verizon.net	High school	
3: Toni DeMayo	tonidemayo323@gmail.com		
4: Liza Fitzpatrick	lzfitz800@gmail.com		
5. Carol Finn	caf_bldr@yahoo.com	7th-grade, 13-yrs old	
6. Tim Brod	tim@highlandbees.com		

## Accountability group 2

Our groups chosen weekly meeting day: \_\_\_\_\_ Time: \_\_\_\_\_ Mountain time zone

Our zoom room details: \_\_\_\_\_

Name	Email	Child's age, grade, etc.	Location
1. Phoebe Glynn	phoebeaiden@gmail.com		
2. Alla Gantman	aygantman@yahoo.com		
3. Lou Colomba	lou.colomba@gmail.com		
4. Naren Jyoti	naren.jyoti@gmail.com	7th-grade	North Carolina
5. Aimee Kowalker	akowalker@kdk-cpa.com	15-yr old daughter	

## Accountability group 3

Our groups chosen weekly meeting day: \_\_\_\_\_ Time: \_\_\_\_\_ Mountain time zone

Our zoom room details: \_\_\_\_\_

Name	Email	Child's age, grade, etc.	Location
1. Kaarin Gust	kaarin.gust@kent.k12.wa.us	12th-grade son	Seattle, WA
2. Angie Nordstrum	anordstrum@me.com	Best time: 11-3 pm weekdays	
3. Joanie Miller	opietheflyboy@gmail.com	19 yr old son, college	Michigan
4. Gretchen Fourticq	fourticq@me.com		

## About the Watch Party:

### WHAT IS A WATCH PARTY?

A small group of people watching the same thing together and talking about it.

### WHAT ARE THE BENEFITS?

Community, accountability, support.

### HOW ABOUT UGYG WATCH PARTIES?

My intention is to give you families as much as I can in terms of helping your child with EF challenges while NOT being overwhelming. So you can do the watch party any way you want, but here's a jumping-off point for you to try:

1. I will put interested parents in groups of 4 or 5 max on a chart.
2. Individuals will watch the weekly lessons on your own time.
3. Your group will all create a "shared" google doc if you want to share your thoughts/questions in one easy place.
4. AS A GROUP, you will choose a weekly day and time that works for everyone to meet.
5. You will for 30-60 minutes to support each other on Zoom.us, it's like Skype and it's free.
6. I will give you a format for these meetings that a leader will use to lead the watch party.
7. It might be nice to have a group of dads, but it's up to you all.

## **WHAT IS THE FORMAT?**

Everyone meets at your designated times on zoom. Group members can sign up for their own free zoom accounts. I believe you can have 40 minute free meetings on zoom.

Leader reads:

1. **Introductions:** "Hi everyone, let's do quick introductions. Please tell us your name, where you are, how old your child is/grade. 30-60 seconds, please." Everyone does a quick intro.
2. **Rapid-fire Temperature check:** Great, now let's do a temperature check about the most recent UGYG lessons. How's UGYG going (or how are things with your child) on a scale of 1-10? Why? 1-3 minutes.
3. **HOW** can we be helpful? (take turns supporting each other with a more flexible discussion time)
4. **Accountability:** The leader asks "How can we help you with accountability this week?" The person may want emails, text reminders of something, Facebook check-in, or maybe just talking it out was enough.

5. **Closing:** "Great now we'll wrap up with gratitude. What are you grateful for today regarding your child?"  
1 minute. End on a strong positive note.

**GUIDELINES:**

1. Beware of "rambling". Some people are very verbal, some are quieter. But there is a point where it's off-topic. Please kindly/compassionately reel each other in when helpful to the group. Everyone is busy, so even though we want to connect, during the watch party itself, try to stay focused on the current topics.
2. Do not give "advice" unless someone specifically asks for it. Instead, be a great listener and simply share your experience or what you noticed in UGYG lessons.
3. Feel free to build real connections and friendships outside of the groups.