



Session 6

Moving Forward

Aim: to look back on what we've learned and step into the future together with confidence.

Items needed this week

- Extra copies of 'Moving Forward' feedback sheets distributed in Session 5
- Glass tea-light holders (available to buy from most stores with a homeware section / online)
- Tea lights (available to buy from pound stores / supermarkets)
- Glass paints and brushes (available in any craft shop or online)
- Food and drink for sharing
- Riverbank The Course Session 6 PowerPoint Template

Welcome

Begin with a brief recap of the previous session. Invite the group to share how they've been over the past week and whether they have any thoughts or reflections. Allow a couple of minutes for discussion.

Some women may still need to complete the *Moving Forward* handout from last week. Use this time to finish it, and make sure you have spare copies available in case any have been forgotten.

Icebreaker

Have the group write three dream goals in their notebooks - two real and one fake. As in the game Two Truths and A Lie, each woman will then be given an opportunity to present their three goals to the rest of group, and the group will vote on which goal is the fake one. The woman presenting can then reveal which two goals were real and even explain the goals should they wish.

Moving Forward (Appendix 8)

Have the group break out either into pairs or small groups to discuss and go through their feedback responses. Have the whole group come together and allow space for the women to share some of their feedback and ideas with the rest of the group. Collect all feedback sheets.

The Journey Bead Reflection

Give each woman a piece of string with a single bead as used in Session 2. Get them to tie a knot at one end and explain that:

- *The knot represents the start of the Riverbank Course*
- *The loose end represents where you'd really like to be*
- *The bead shows where you feel you are right now*

Invite everyone to hold their string and slide the bead to the place that feels right for them today. Reassure the group that there's no right or wrong place for the bead:

This isn't about where you think you should be, but about noticing where you honestly feel you are today.

As they do this, slowly read out the following reflective prompts, allowing time after each one for people to adjust their bead if they wish:

- *'I feel more confident than when I started.'*
- *'I have clearer goals than I had before.'*
- *'I feel hopeful about the future.'*
- *'I'm more aware of my strengths.'*
- *'I feel better equipped to take my next step.'*
- *'I feel more positive about myself.'*

Afterwards, invite quiet reflection or gentle sharing for anyone who would like to:

- *What influenced where you placed your bead?*
- *Was there a prompt that stood out to you?*
- *What might help you move your bead a little further along in the future?*

Share some motivational quotes as you feel are appropriate. Suggestions are available on the Session 6 PowerPoint template.

You can close by reminding the group that the bead can move - growth is ongoing - and encourage them to keep the string as a reminder of how far they've come and where they're heading.

It is important for us to set clear goals to help us stay motivated to focus on what we would want to achieve or change in the near or distant future of our lives.

Feel free to share any or all of the following motivational quotes and perhaps encourage the group to write down one for them to remember in their notebooks:

- ‘The future belongs to those who believe in the beauty of their dreams.’
- Eleanor Roosevelt
- ‘Be miserable. Or motivate yourself. Whatever has to be done, it’s always your choice.’ - Wayne Dyer
- ‘Let us make our future now, and let us make our dreams tomorrow’s reality.’ - Malala Yousafzai
- ‘You don’t have to see the whole staircase, just take the first step.’
- Martin Luther King Jr
- ‘Small steps every day lead to big changes over time.’ - James Clear
- ‘Courage starts with showing up and letting ourselves be seen.’ - Brené Brown
- ‘Your direction is more important than your speed.’ - Unknown (widely used contemporary quote)
- ‘You are amazingly and wonderfully made!’ - adapted from Psalm 139

Craft: ‘Shine Your Light’ poem and Glass Painting (Appendix 9)

Distribute the glass tea-light holders for each woman to begin decorating using glass paints.

Whilst allowing the glass paint to dry, give each woman a copy of the poem (Appendix 9) to slip/stick into their notebooks. Read through the poem together as a group and instruct the women to highlight any key sections or sentences that particularly stick out for them. Facilitate any further discussions around thoughts of the poem if necessary.

Once everyone has finished painting, give each woman a tea light candle to remind them of the ‘Shine Your Light’ poem. You may need to provide newspaper to protect their glass tea-light holders for safe transportation once the paint is fully dry.

Food and Fun

In this final session, you may like to share some food together as a group. You could also gently consider whether it feels right to end with a short prayer.

If appropriate, you might like to offer the option of prayer for anyone who would welcome it afterwards, or you could invite them to write any prayer requests they have on slips of paper and to place them in a box or basket.

This would also be a good time to have a conversation about possibly arranging 'days out' for the group, eg a picnic lunch at a local park, a visit to a museum/gallery, a movie night, birthday celebrations etc. Be sensitive of financial implications for some group members. It may be helpful to gather the women's email addresses or create a WhatsApp group to maintain communication when coordinating any future gatherings.

Together, we hope to empower you to keep on building on the foundations of self-esteem and confidence, while better understanding your place in the world. If you would be interested in a Riverbank Course 2 group running, please let me know.

Reflect and Respond

Final Evaluation Form (Appendix 10)

Emphasise the importance of group members' feedback for future planning of these programmes.

Leader's Feedback

At the end of the six-week programme, we would love to hear from you to find out how you as the leader found the course and resource including the feedback given by the group from the end of each session using the Post-it Notes. Please get in touch with The Salvation Army's Family Ministries team with any honest feedback - email us: familyministries@salvationarmy.org.uk