Live with Heart Facilitator Team
FAQs for Collegiate Chapters - Fall 2020

Q: What is the Live with Heart Facilitator Team?
A: Sigma Kappa’s Live with Heart Facilitator Team is a group of skilled alumnae members with expertise in engaging facilitation and communication with college-aged learners. These energetic and dynamic women are trained to facilitate programs and interactive activities for our collegiate chapters in an effort to provide vibrant education and development opportunities for our members.

Each alumna facilitator volunteers her time, energy and wisdom to promote Sigma Kappa’s values and purpose.

Q: How can the Live with Heart team benefit my chapter?
A: The Live with Heart Facilitators are trained to facilitate programs that are challenging to be peer led. Often, having a person with whom the chapter members are not as familiar lead them through more challenging topics allows for deeper and more meaningful conversation and learning. It is imperative that our sisters have the opportunity to engage with strong, confident women who can help to empower our members to be the best version of themselves. Topics the facilitators can present on include:

- **Career readiness** (resume tips, personal branding, managing money, etc.)
- **Diversity and inclusion** (Identity and Inclusion Series, similarities/differences, religious identity, etc.)
- **Healthy relationships** (sexual assault awareness, domestic violence awareness, etc.)
- **Supportive sisterhood** (friendship and sisterhood, accountability, etc.)
- **Mental wellness** (positive body image, stress, eating disorder awareness, depression, self-care, etc.)
- **Personal development** (StrengthsFinder, empowerment, goal-setting, etc.)

Q: Why might my chapter request a Live with Heart Facilitator visit?
A: There are numerous reasons you might request a Live with Heart Facilitator visit.

- **Chapter goals:** Your chapter might have identified an area of focus for the term that an outside facilitator has more expertise in than your members.
- **Difficult conversations:** There is much going on in society and in the lives of our members that call for difficult conversations. A Live with Heart Facilitator
can come in and guide the chapter through these in a supportive and non-judgmental way.

- **Sisterhood programs/retreat:** A Live with Heart Facilitator is a great option for an outside facilitator to infuse some guided interactive activities into your sisterhood programs or retreat.
- **Breath of fresh air:** Sometimes a new face and new voice is just refreshing. The Live with Heart Facilitator team can be that for your chapter!

**Q:** What will support from a LWHF look like?

**A:** A Live with Heart team member works with the chapter leadership to determine the best mode of providing purposeful support on topics that are important to the chapter. This will be done through phone calls and emails leading up to the time the facilitator will spend with the chapter.

Depending on the topic and the identified needs of the chapter, the support may be a 20 to 30-minute program, an hour-long program for deeper topics, or even a series of shorter programs throughout the academic term. The chapter leaders, the educational programs staff and the facilitator will help determine what timeframe is best for the chapter.

**Q:** How can my chapter request a Live with Heart facilitator visit? Who can submit the request?

**A:** There is an online request form located at [this link](#).

Any chapter member can request a visit. If you are unsure if a certain program would be a good fit for your chapter, you can reach out to your district programming coordinator for insight.

**Q:** Who covers the cost of a Live with Heart facilitator visit?

**A:** Because our LWHFs will be supporting chapters virtually, there is absolutely no cost to the chapter. If the chapter does not have a video conferencing platform to use, national headquarters will work with them to ensure this can be worked out.

More questions?
Email [facilitators@sigmakappa.org](mailto:facilitators@sigmakappa.org)