



## Live with Heart Facilitator Team FAQs for Collegiate Chapters

**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 workshops for our collegiate chapters in an effort to provide vibrant education and development opportunities for our members.

Each alumna facilitator was selected via an application process, attended a weekend-long training and has committed to volunteering their 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 visit a chapter with whom the chapter members are not as familiar 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:

- **Diversity and inclusion** (Identity and Inclusion Series, similarities/differences, religious identity, etc.)
- **Healthy relationships** (sexual assault awareness, domestic violence awareness, etc.)
- **Member safety and supportive sisterhoods** (friendship and sisterhood, accountability, etc.)
- **Mental health** (positive body image, stress, eating disorder awareness, depression, self-care, etc.)
- **Personal development** (StrengthsFinder, personal brands, goal-setting, etc.)

Live with Heart facilitator visits are not a requirement for collegiate chapters at this time. Visits will be granted to chapters on a first come, first serve basis.

**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.

These areas of focus might correlate to the five member development competencies found in Workshop Warehouse or other areas your chapter would like to work on.

- **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 retreat:** A Live with Heart facilitator is a great option for an outside facilitator to infuse some guided educational programming into your sisterhood retreat plan.
- **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 a typical visit look like?**

**A:** A Live with Heart team member would arrive at the chapter the night before or the morning of the program, depending on the timing of the program. Ideally, the facilitator will get a chance to spend time with the chapter leaders ahead of time (at a dinner or lunch before a program) to allow for knowledge sharing about the chapter to occur. Following the program, the facilitator would do a wrap-up meeting to assess how the program went and any continuing action items for the chapter.

Depending on the topic and the identified needs of the chapter, the program may be a couple of hours or it could be a half-day or full-day program. The chapter leaders, the educational programs staff and volunteer team 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 in the vice president of programming annual supplies on the members only side of the Sigma Kappa website. Please visit [www.sigmakappa.org](http://www.sigmakappa.org) and sign in to your account to view the form. Or click this link and sign in: <http://bit.ly/LWHFTrequest>.

Any chapter leader 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:** The national organization will cover the cost of travel, accommodations, food during travel and any supplies the facilitator will need for the Live with Heart team to visit our chapters! The chapter should be prepared to cover any costs related to renting a space/facility for the program and snacks/meals for the chapter and facilitator during the program.

**More questions?**

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