

We are so excited that you are interested in becoming a ThinWithin.com Support Group Leader. The following criteria needed to becoming a ThinWithin.com support group leader.

What is a ThinWithin.com support group?

ThinWithin.com support groups are provided to give ThinWithinU.com members results! Often times the best way to see results is with a supportive group of men and women journeying together to become thin. These support groups are designed to provide members with encouragement, support, love, motivation, and accountability to live a full and abundant naturally thin life. Through encouragement, discussion, accountability, sharing, and exploration, it is the intention and hope that members will transform their bodies and become naturally thin.

Do I have to be a member of ThinWithinU to become a support group leader?

Yes. As a support group leader, there is a nominal fee of \$10 per month to become a ThinWithinU leader. You will be given your own chat room to connect with your members in. You will receive support group coaching and training as well as a private support group leader "corner" where you can receive your own coaching on personal and coaching topics.

You will find recordings, audios, and classes. This is the cornerstone of the ThinWithinU.com community and it is important you gain comforts regarding the information in the groups.

Will I get paid as a support group leader?

Yes. When you become a support group leader you will sign up to become an affiliate. Since each participant in your group must become a participant in ThinWithinU, you receive \$5 per month, per-person. So, if you have 10 people in your support group, you would earn \$50 each month over the course of the group. It becomes a win-win situation. You gain coaching and support from Marna, while providing support and guidance to your group. Everyone wins!

Is there a way to make more money?

Yes. As you gain comforts in leading a support group and reach your idea weight loss goals, you then have the opportunity to become a ThinWithin.com Seminar Leader. This is a paid career opportunity. Top support group leaders will be considered for these seminar positions.

Who runs the support groups?

People just like you. Support groups are led by volunteers who whole heartedly believe in a ThinWithin way of life. Some of our support group leaders have released weight, some are in the process of doing so, and some need the accountability to lead a support group to see long-lasting results. Leaders heighten their own accountability and healing process while supporting others to do the same.

Will I receive support to help run my support group?

Yes, absolutely. There will be training materials, training calls, a forum for just support group leaders, posters, information on how to promote your group, and so much more. These coaching calls and classes will help you move through your own challenges too. With the facilitation materials, you will be equipped to foster discussion

in your group.

Do I have to run my support group on a specific day of the week?

For the best results, it's better to stick to a schedule so participants know exactly when the group will be. You may choose to do it every other week, or every night at the same time.

Where do I run my support groups?

Support groups may be run over the phone or in person. Together you can listen to various ThinWithinU audios, discuss audio topics, you can enjoy meditations and visualizations together, you can support one another and track your success. Where you do your groups is entirely up to the group leader.

What would the format be of a typical support group session?

There is no "required" format for the support group sessions. It is suggested that each support group begin by discussing what is working and then going into people sharing their struggles and triumphs as they work through the ThinWithin.com way of thinking, living and eating. The goal for each session is to support and encourage each member to achieve a their desired body and life goals.

The exciting news is that your support mechanism can be in whichever form you would like. You may wish to provide a Law of Attraction book group, a visualization group, or a "only eat when hungry" group. The list of possibilities is endless and ThinWithin.com is committed to empowering group leaders to lead in their specific manner within a framework that supports participants to be their best.

How many weeks does each support group last?

As a support group leader, you determine the length of time each support group will last. Some leaders enjoy a closed group, which is a 6-10-12 week long support group with a certain number of participants. Other leaders enjoy an open support group environment that is open for members to come and go as they wish and does not have an end date.

How long is each support group session?

A typical session would last between 30 – 90 minutes in length. However, each group leader will determine the proper length of time.

How do I start a support group?

It's easy! If you are interested in starting a support group, then you need to just let Marna know and check to see that you have at least one other person ready to participate. Marna will then create a forum for your group if you like within ThinWithinU, as well as show you how to use a bridge service to manage your support groups.