

## Region 9's Twelfth-Step-Within

### "Ideas that Work"

**Type of Project:** Sponsors and Sponsees

**Project Name:** Sponsorship Workshop

**Project Goal:** To familiarize ourselves with what it means to be a sponsor and a sponsee.

**Organizing Service Body:** Region 9 Assembly & Convention 2010

**Contact Information:** Susan, [sharabi4@bezeqint.net](mailto:sharabi4@bezeqint.net)

**Resources Needed (budget, volunteers, materials, etc.):** Three speakers, and 1 hand-out to be printed. One volunteer as the timer. Optional - printed paper with Personal Inventory Work (questions for the sponsor, questions for the sponsee), basket for Ask-It-Basket time, stickers for identifying who is an available sponsor and who is seeking a sponsor.

**Implementation Process (including length of time for planning and implementation):** Each speaker shares for 10 minutes ("qualify" and speak about their experiences as a sponsor and as a sponsee). Then, divide into "couples", using the hand-out (see attachment), with 30 minutes time for writing and sharing with partner. This is also the time to share on some questions:

1. As a sponsor - do I need to be abstinent?
2. As a sponsee, was it easy/difficult to "surrender" to your sponsor's way of sponsoring you?
3. As a sponsor, was it easy/difficult to give "tough love"?

The last 30 minutes of this 1 1/2 hour workshop is for sharing from the "couples" to the whole group.

**Additional Comments (including things of which to be mindful):** Questions can be taken from the Twelfth-Step-Within Handbook of Overeaters Anonymous.

**Results:** A lot of experiences, ideas, and suggestions brought to the floor in connection with being a sponsor/sponsee.