

# “BACK TO BASICS” WORKSHOP

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## OA WORKSHOP: BACK TO BASICS

### LOGISTICS

- **Topics:** Anything from Steps, Traditions, Tools, Principles, specific OA-approved literature to relapse recovery and/or prevention, abstinence, spirituality, slogans, body image, or other OA program topics.
- Method of registration
- Availability of coffee/water
- What literature to make available

### OPENING (15 minutes)

**Moderator and speakers touch base**

**Serenity Prayer**

**Readings: Twelve Steps and Twelve Traditions**

**Welcome**

### SPEAKERS (60 minutes)

Introduce speakers, ideally those with a year or more of abstinence and working/living in recovery. *Note: During speakers, pass a basket twice to get questions from attendees. Review questions during breakout to consolidate similar questions, reword if needed, and place “off topic” questions at the end.*

**Speaker One**

**Speaker Two**

**Speaker Three**

### SEVENTH TRADITION (5 minutes)

### BREAK / BREAK INTO GROUPS (15-minute break; 45-minute discussion)

Each speaker leads one discussion group for “controlled cross talk.” Count off to divide attendees into discussion groups. Invite questions; leader answers (if appropriate) and invites one or two responses from the group (cochairs provide the leaders with a few questions in case the group doesn’t have any.)

*IMPORTANT: Workshop organizers need to prep the speakers/leaders ahead of time; see sample email format on next page.*

### Q&A (25 minutes)

Speakers respond to questions written down and turned in during speaker talks.

### OPEN SHARE (15 minutes, or as time allows)

### CLOSING

**Announcements**

**Serenity Prayer**

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## SPEAKER INFORMATION

Hello, [name]!

I hope all is well! I'm looking forward to seeing you on [date] and am so grateful you're able to come share your experience, strength, and hope on [workshop topic] with us.

The workshop will start with three speakers, and then we'll have small group discussions before we come back together for Q&As and open sharing. The format is in the **agenda document** I've attached.

You are one of three speakers and will have twenty minutes to speak; please tell a little about your story (no more than four or five minutes) and then speak on [workshop topic]. You will also lead one of the discussion groups, which will be in a question and answer format. The **discussion group guidelines** I've attached tells you how the discussion group will be structured and gives you a few “back-up” questions in case some are needed to get the discussion going.

The workshop is from \_\_\_\_\_ to \_\_\_\_\_ (3 hours) on [date], at [location name and address]. Some of us will be there starting at \_\_\_\_\_ to set up, and it would be great if you can get there by \_\_\_\_\_. In the meantime, feel free to call me at \_\_\_\_\_ if you have any questions.

Thank you so much for your service! See you then!

With my best,

[name of contact person]

[name of intergroup/service body]

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## DISCUSSION GROUP GUIDELINES FOR SPEAKERS

These are problem/solution-focused discussion groups where attendees have the opportunity to ask questions and then hear how someone else solved that problem.

The leader of the discussion group begins by asking who has a problem or question related to the subject of the meeting. An attendee might say, for example, “How do I get over my fear of asking someone to sponsor me?” The leader would then share briefly on how they personally have successfully addressed that problem/question—or perhaps, where they think the answer to that question can be found in OA or AA literature. The leader would then ask if others would like to share their personal experience pertaining to this particular problem/question. **Emphasize that people share their experience on the problem/question rather than telling someone what to do.** After two or three shares, move on and ask who else has a problem/question. Keep the discussion going with as many problems/questions as possible in the time that you are given.

If needed, the questions below might help you kick-start the conversation:

- Who has a question or problem relating to the topic of sponsorship?

*FOR PEOPLE WHO DON'T HAVE A SPONSOR:*

- What questions do you have about working with a sponsor?
- What other questions do you have?

*FOR SPONSORS:*

- What do you expect from the people you sponsor?
- How do you find sponsees?
- How do you get started with someone new?