Compulsive Eaters Anonymous (CEA)-HOW Sponsorship Workshop Format

Suggested by the WSBC Sponsorship Committee

One of the most important ways you can be of service in CEA-HOW is to hold CEA-HOW Sponsorship Workshops. These workshops are events (like retreats, anniversary parties, or conferences) that are held outside of regular meetings, either in person or via the phone bridge.

During these workshops, experienced CEA-HOW sponsors address a variety of topics that pertain to CEA-HOW sponsorship. The purpose of these workshops is to give CEA-HOW sponsors the opportunity to share their experience, strength, and hope with other CEA-HOW members, sponsor or not.

This suggested format was created by the CEA-HOW World Service Business Conference (WSBC) Sponsorship Committee and was designed to provide guidelines that can help you facilitate successful workshops. Feel free to tailor this format to meet the needs of the groups in your area, but be sure to adhere to the guidelines that are outlined in CEA-HOW literature.

The Basics

It's a good idea to hold sponsorship workshops at least once a year. Workshops can be held where your regular meetings are held, in public library community rooms, or in church halls. Workshops generally last between 2 to 3 hours.

You can feature one speaker or a panel of speakers. Since workshops are not meetings, there is no abstinence requirement to ask questions or participate, although leaders and speakers should meet the abstinence requirements found in the *Sponsor Guidelines* manual.

Workshops should have a main facilitator to keep things organized and on-schedule. Assuming that is you, start with the Serenity Prayer and introduce the panelists if you have them.

Below is a list of topics you and/or the panelists can speak on to get started. Again, be sure to refer to adhere to the guidelines provided in CEA-HOW literature during your discussion.

- Review of the *Sponsor Guidelines* manual
- Qualifications of food, inventory, step and maintenance sponsors
- How to determine how many sponsees a sponsor should have
- How to teach sponsees program fundamentals such as:
  - The difference between a 12-step program and a diet club
  - *Forever Abstinent* food plan basics
  - The Seven Tools
  - CEA-HOW literature

Along with the fundamentals, you and/or the panelists can speak about the importance of teaching sponsees 12-step etiquette such as:

- Pitching appropriately in meetings (i.e. no food pitches, crosstalk, or outside issues)
- Keep pitching positive and being quiet during meetings
- Making sure to congratulate step-ups and birthdays, welcome the newcomers, and thank speakers
- Arrive at the meeting early to set up and stay later to help clean up
- Attend program events
- Participate in fellowship before or after meetings
- Phone bridge etiquette such as muting your line when you are not speaking

To get more ideas for your workshop, please access the library of sponsorship articles on the CEA-HOW website. Simply click **www.cea-how.org** and select the **For CEA HOW Sponsors** tab.

The Spiritual Journey

You and/or the panelists can speak about the spiritual aspects of CEA-HOW such as:

- How to help sponsees find a power greater than themselves
- How to make time for prayer and meditation
- How continually widening the spiritual circle helps safeguard against slips

Slips

You and/or the panelists can speak about topics pertaining to sponsees who relapse such as:

- Reviewing the definition of a slip in the *Sponsor Guidelines* manual
- How to handle sponsees who continually slip

Boundaries

Setting and keeping boundaries with sponsees is important for both sponsors and sponsees. It helps protect the sponsor from unnecessary stress and models good boundaries for the sponsee. Here are some topics you and/or your panelists can address:

- What sponsors are not (for example, sponsors are not psychologists even if they are in their professional lives)
- How to balance friendship and sponsorship
- How to handle sponsees who are abstinent but don't call on time or miss calls

Miscellaneous Topics

Here are some further suggested topics you may want to address. Feel free to add your own as needed.

- Keeping abstinent no matter what
- Showing up for life abstinently
- Continuing to grow in the CEA-HOW program
- Keeping up the enthusiasm for the program
- Living happy, joyous and free

Q&A

It's important to give attendees the opportunity to ask questions. You can pass around an Ask-It Basket during a face-to-face workshop or allow questions from participants during a phone bridge workshop.

Additional Workshop Suggestions

Here are some additional suggestions and ideas for your workshop:

- You can offer participants beverages such coffee and tea, or diet sodas and water provided at cost.
- Workshops can be excellent fundraisers to support your local intergroup or to send delegates to the WSBC. You can suggest that participants make a donation (such as $5—$10). However, nobody should be turned away if they cannot or choose not to contribute.
- Other fundraising ideas include simply passing the basket or conducting a 50/50 raffle. You may also want to hold drawings for CEA-HOW literature, a new food scale or measuring cups, etc. Be sure to draw the raffle tickets at the end of the workshop to keep the audience in the room for the entire presentation.
- If your workshop has writing exercises, be sure to supply pens and paper for participants.
- If you have access to a projector, you may want to put together a PowerPoint presentation for your audience.

This format was created by the (CEA)-HOW World Service Business Conference (WSBC) Sponsorship Committee and doesn't necessarily reflect CEA-HOW as a whole.