

Sponsorship Workshop Summaries

Brief summaries of recordings between 1/31/2010-5/17/2020

	Workshop Name	Date	Click Link	Presenters	Summary
1	Stories my Sponsor Told Me Ref #59	5/17/2020	MP3	Elaine OR = organizer, 6 presenters: Roberta CA Sean NC Loretta NJ Wright TX Jane Canada Susan CA	Presenters tell stories and wisdom of what they learned from their sponsors. <u>Roberta CA</u> : In CEAHOW we all use the same guidelines, with flexibility. <u>Sean NC</u> : Abstinence is most important recovery, higher than alcohol or drugs. <u>Loretta NJ</u> : same guidelines, but with some flexibility. <u>Jane Canada</u> : Detailed review of the seven tools. <u>Wright TX</u> : sponsor was gentle, allowed space, spoke of his own experience. <u>Joanne VA</u> : Spiritual paths may be different but they all lead to God <u>Susan Oakland, CA</u> : Take what is meaningful enabled her to shift from Defiance.
2	Sponsorship Forum – “Last in the series with this set of Discussion Leaders” Ref #50	5/5/2019	MP3	Suzanne Cheryl Susan	Presenters answered questions and commented on these topics: After slip of FISM sponsor what happens? What makes a good sponsor? Eyes on your own plate. Encourage sponsees to be of service. Maintain anonymity.
3	Sponsorship Forum – “Sponsor Guidelines Booklet page 2 – Carrying the message” Ref #48	4/14/2019	MP3	Suzanne Cheryl Susan	Presenters commented on these topics: Step up to be a sponsor Carry the message of recovery Set boundaries with sponsee
a4	Breaking up is hard to do Ref #47	3/24/2019	MP3	Elayne OR Shelly H Ruth H Linda M	How to give new sponsee the “lay of the land” Best practices for breaking up with sponsee Post-breakup feelings Shaming - switch sponsors

				Loretta R	pray HP right words. Talk about what's not working for me. Then ask them...
5	Sponsorship Forum – “The questions we have” and “Why the 7 Tools?” Ref #46	3/17/2019	MP3	Suzanne Susan Cheryl	Sponsor Guidelines questions; if uncomfortable with sponsor, switch 7 tools - why required every day? Sponsor - admit if slip to sponsor and sponsees - can choose stay or leave
6	Sponsorship Forum – “Appropriate Behavior for Sponsors” Ref #45	2/17/2019	MP3		Link to “page not found”
7	Sponsorship Forum – “Sponsor/Sponsee Relationships: How to set boundaries from the start” Ref #43	1/20/2019	MP3	Suzanne Susan Cheryl	Boundaries: call on time, tools, Forever Abs. book Sponsor Guideline book: review boundaries Ceahow.org: For members - Resources for Sponsors - Sponsor checklist Sponsees who have been shamed or abused, put in Forever Abstinent We can learn what to do and what not to do....
8	Sponsorship Forum, “How to be loving and caring towards our Sponsees and not critical,” and “Helping our Sponsees thru Thanksgiving”	11/18/2018	MP3	Suzanne Susan Cheryl	“How to be loving and caring towards our Sponsees and not critical,” Sponsors don't share their issues with their sponsees Not be critical or comment on sponsees writings or inventory Comments may not be critical - ask questions Thanksgiving - gratitude Food oriented day, with family = triggers: step outside, call, pray Share cooking with others. Marathon meeting. Conscious of days after the event
9	Sponsorship Forum, “What do you do	10/14/2018	MP3	Suzanne Susan Cheryl	If it affects the sponsor's recovery, dreading picking up the phone, then it's time to end the sponsor relationship. The sponsee has to want to and be willing to take the actions. Cannot make

	when...? (i.e., your Sponsee is not working the CEA-HOW program),” and “Service,”				anybody want to do what we do. The tools are requirements, not optional. If 3 days not calling, it's time to end the sponsor relationship. Service, bring a sponsee.
10	Sponsoring in Challenging Times Ref #39	9/30/2018	MP3		7 speakers (15 minutes each) - Special Needs Committee <u>Leanne</u> love and accept all; Sponsors with cognitive & physical disabilities. <u>Michelle</u> cancer; depression - force myself to take action, know it works. <u>Marsha D</u> diabetic; bipolar; the solutions are in the literature. <u>Jan</u> 75 years old; hypoglycemia; surgeries; brain tumor; persists in prayer. <u>Loretta R</u> under eating and binging; treatment centers; big book to get well. <u>Paula</u> Parkinsons; bipolar; self pity - solution is to answer the questions. <u>Suzanne</u> blind; caring for mother; surgeries, ask and accept help; make schedule
11	Sponsorship Forum Ref #38	9/16/2018	MP3	Susan Cheryl	How to help a Sponsee with traveling. Plan for the unexpected, prepare ahead and take as much food with you as possible. Stay connected with your sponsor. The importance of daily writing. It helps with awareness and help strengthen my program.
12	Sponsorship Forum Ref #35	8/12/2018	MP3		Seems to be a repeat of #11
13	Sponsorship Forum Ref #34	6/10/2018	MP3		Seems to be a repeat of #11
14	Sponsorship Forum Ref #33	6/10/2018	MP3	Suzanne Susan Cheryl	encouraging Sponsee's to share in a meeting. Sharing is vital to our recovery. Knowing when to push them to share or not. Sharing in the fellowship after the meeting. The importance of connecting with each other. Sharing is a gift.
15	Sponsorship Forum Ref #30	4/15/2018	MP3	Suzanne Susan Cheryl	Helping a Sponsee who is struggling to get any time together by remembering what attracted me and by remembering how bad it was out there. Helping a Sponsee who is recommitting with shame and fear of coming back. Love and kindness is our code.

16	Sponsorship Forum Ref #28	3/28/ 2018	MP3	Suzanne Susan Cheryl	How to encourage sponsors, share my excitement, point out growth, learn to turn a negative into positive. How to encourage a sponsee who is slipping. Suggestions on daily writings beyond the steps and traditions.
17	Sponsorship Forum Ref #27	2/25/ 2018	MP3	Suzanne, Susan, Cheryl	The importance of spirituality in sponsoring someone doing the 4th and 5th steps. Sponsoring someone who struggles to stay abstinent with loving kindness
18	Sponsorship Forum Ref #26	1/14/ 2018	MP3	Suzanne Susan Cheryl	Establishing healthy boundaries. Calling on time Meeting etiquette Outreach calls, how to
19	Sponsorship Forum – Open Forum Q&A (Ref #24)	12/3/ 2017	MP3	Q and A	Handling difficult Sponsor/sponsee relationships , knowing we're all human. And knowing when to move on when it's not working. Struggles with willingness Setting healthy boundaries
20	Sponsorship Forum – “Anonymity vs. Gossip” (Ref #22)	11/5/ 2017	MP3	Suzanne Susan Cheryl	How to work out problems with Sponsor/sponsee. Keeping each other's anonymity.
21	Sponsorship Forum – “Why we don't copy our program literature” and “Letting go of a Sponsee/Sponsor” (Ref #21)	10/15 /2017	MP3	Suzanne Susan	It's illegal to copy our literature, because we need to support CEAHOW. How to develop a relationship with sponsor/sponsee. How to handle it if that doesn't work..
22	Sponsorship Forum -Sponsor/Sponsee Discussions (Ref #19)	9/17/ 2017	MP3	Suzanne Susan	Healthy boundaries Role playing On time phone calls

23	Sponsorship Forum – Quality of Sponsorship (Ref #17)	8/27/ 2017	MP3	Suzanne Susan Cheryl	Daily calls importance, Timing and reasons for handing out sponsor guidelines
24	Sponsorship Forum – Requalification after a Slip (Ref #16)	7/16/ 2017	MP3	Suzanne Susan Cheryl	Slips, Qualifying, Maintenance , Importance of ceremonies, Importance of sponsoring, be flexible
25	Sponsorship Forum – Working with the Newcomer (Ref #15)	6/11/ 2017	MP3	Suzanne Susan Cheryl	Sponsoring newcomers Suzanne-Set them up w/literature Susan- Determine their readiness Cheryl- Beginning agreements w/newcomer
26	The Etiquette of Sponsorship (Ref #18)	11/09 /2014	MP3 Hand out		Sponsorship workshop handout
27	2 for 1 Sponsorship	01/31 /2010	MP3	Lois Mary Jim Roberta Shanon	Lois- Overview of sponsorship/and workshop Mary-Overview of sponsorship literature Jim- Defining Sponsorship relationship Roberta- Remembering key points Shanon- Developing spirituality