				Time for	
Timing Illustration	Power Session Headings	Notes on Content	Exercise Names	Faculty	Cappers in Training
Faculty Cappers  Prep for class	Prepare for Class (instructor note after title page)	<ul> <li>Read the Power Session and Instructor notes completely, and prepare your lesson plan for teaching.</li> <li>Review the Mission for the day and preview the videos that Cappers in Training are watching.</li> <li>Prepare to show the in-class videos.</li> <li>Set the tone for an energized and successful class!</li> </ul>		30 mins minimum prep time.	
Get Your Head in the Game  Action Reveal	Get Your Head in the Game	Establish mindset for the day's topic. Get your head and heart in the right place. Introduce the Six Personal Perspectives.	Discussion on mindset and goals.	15 mins	15 mins
	Action Reveal	Hold agents accountable for what it takes to build and grow their business.  Review and debrief the Mission		5 mins	5 mins

Faculty Cappers Ground Rules	Expectations and Ground Rules	Understand expectations and establish ground rules.		5 mins	5 mins
Make It Happen	Make It Happen	Participants determine their Big Why and monetary goals to accomplish their Big Why.  Participants will learn about the importance of Lead Generation and the Daily 10/4 to develop this daily habit.  Participants will learn about scripts, the importance, how to use and memorize.  Introduce accountability to support their Big Why.  After each video, lead a discussion and ask for aha's	<ol> <li>Your Turn – Big Why</li> <li>Your Turn – Know Your Commission</li> <li>Your Turn – Know How Many Transactions</li> <li>Lead Generation – Daily 10/4</li> <li>Try It Now - myTracker</li> <li>Purpose of Scripts</li> <li>Video – "How to Use Scripts"</li> <li>Benefit of Scripts</li> <li>Learning Scripts</li> <li>Your Turn – Get Comfortable with Scripts</li> <li>Video – "Real Play – Calling Mets in Your Database"</li> <li>Your Turn – Get Referrals and Share Your App</li> <li>Your Turn – Personal Notes</li> </ol>	<ol> <li>1. 10 mins</li> <li>2. 10 mins</li> <li>3. 5 mins</li> <li>4. 10 mins</li> <li>5 mins</li> </ol>	<ol> <li>1. 15 mins</li> <li>2. 10 mins</li> <li>3. 5 mins</li> <li>4. 10 mins</li> <li>5. 10 mins</li> <li>6. 10 mins</li> <li>7. 5 mins</li> <li>8. 5 mins</li> <li>10. 15 mins</li> <li>11. 5 mins</li> <li>12. 20 mins</li> <li>13. 5 mins</li> </ol>

Faculty Cappers			14. Your Turn – Prioritize Your Activities	14. 10 mins	14. 5 mins
Make It Happen			15. Your Turn – Live By Your Calendar	15. 10 mins	15. 5 mins
			16. Select an Accountability Team	16. 5 mins	16. 5 mins
			17. Be Open to Accountability	17. 5 mins	17. 5 mins
			18. Agreement of Expectations	18. 5 mins	18. 5 mins
			Family/Significant Other Agreement	2 mins	2 mins
Putting It All Together	Putting It All Together	Prepare students for the work		2 mins	
	Action Plan	they will do before the next Ignite Power Session.			
	Prepare for Next Class				
	Recall and Remember				5 mins
Aha's	• From Aha's to Achievement	Discuss Aha's from today's session			5 mins
Resources	Enhance Your Learning	Resources for further study, for job aids, and more.			5 mins