



The EDEN DIET

This is not meant to be an actual workshop meeting, but a "Question and Answer" Session to be held weeks PRIOR to the launch of your group. This will give everyone a chance to read the book before your first actual support group meeting.

How To Have An Eden Diet Organizational Meeting

PRIOR TO THE MEETING:

1. Before you schedule this organizational meeting, familiarize yourself with the program. Read the book and workbook from cover to cover. You need to be familiar with the philosophy of the book before you start your group b/c people who HAVEN'T yet read the book will ask YOU questions about it.
2. Browse the website to learn more. Many people will ask you about my education and experience and about my private religious beliefs to find out where I'm "coming from." All this info is listed on the "About Dr. Rita" page of the website.
3. Pick a date for the organizational meeting. Set a start date that would give you at least a month to advertise the program, and try to pick a date that won't conflict with other group activities or social events that decrease attendance. You can also call this organizational meeting a "question and answer" session about the plan. Please tell people this meeting will NOT be a "support group meeting," but a meeting where you tell them about the plan so they can decide if they want to join.
4. Advertise the Organizational Meeting. If you don't advertise, nobody will know about the meeting! Consider asking your church to advertise the meeting in the Sunday bulletin and asking your Pastor to announce the formation of the group at Sunday services. You may also consider putting up flyers at your place of employment, if allowed, and on community bulletin boards, such as at your library.
5. Download Flyers From the Website For Advertising. Visit the "Program" page of www.TheEdenDiet.com for answers to FAQs about the program, and visit the "Support Groups" page to find brochures, handouts with answers to FAQs about the workshops, and a sample agenda for a meeting. Print those files off and distribute them to all interested parties.

AT THE ORGANIZATIONAL MEETING:

6. Collect contact info from the attendees. Have a clipboard at a "sign-in" table to collect names, phone numbers, and email addresses. Otherwise, you will not be able to communicate with all potentially interested members in case of schedule changes or other updates.
7. Present an overview of the course content, based on material on the "Program" page of this website.
8. At the Organizational Meeting, determine the start date, location, and times and dates for the first Support Group Meeting. Pick a time and day that works best for the members that express interest. Allow at least two or three weeks after the organizational meeting before the date of the actual first "working" meeting of the support group. That will give everyone time to get the book and workbook and actually read through the entire book (they don't have to read through the entire workbook, just the main book before the first support group meeting).
9. At the Organizational Meeting, tell people where to find the study material. Most of the people who show up at the organizational meeting will NOT have read the book yet. Therefore, provide them with info on where they can get the books and workbooks. At this point, the books (which were published by Zondervan) are available anywhere books are sold. However, the workbooks are available only on my website www.TheEdenDiet.com and through online vendors. The workbooks may become available in bookstores in the near future.
10. At the Organizational Meeting, be very clear that people need to come to the first actual Support Group meeting having read the book. Explain the Seven Day Challenge, where I tell people to prioritize reading the book in seven days. Actually, the book can be read in a matter of a few hours. That way, people won't be asking basic questions that are answered in the book. Those questions can distract the group from the agenda and cause the meeting to seem disorganized.
11. Also at this organizational meeting, give the members a workbook assignment for the first Support Group meeting. Say, "In addition to reading the main book in it's entirety, please complete exercises 1.1-1.3 in the workbook prior to this first meeting. That way, you'll have material to cover at the first meeting. In order to gauge how much of the workbook to assign, look at the number of people in attendance. If there are fifteen or twenty people, assign one or two pages in the workbook. If there are three people, assign a little more.
12. Ask members to think about who might want to be group leaders and secretaries. The job descriptions for these posts are in the workbook. If you would like, you can elect those people at the organizational meeting.
13. Establish equipment needs for the upcoming first Support Group meeting. You need a quiet, comfortable room and a CD player for the audio CDs, which you play at the end of the meetings. Each group also needs a set of the Godly Affirmations audio CDs that are available only through www.TheEdenDiet.com. Currently, there are no videos to play at the meetings, but those may come in the future.