

In the Koach Year...

...participants are offered the unique opportunity to **train and lead** a Rosh Hodesh group.



POWER

The group leader empowers, organizes, and coaches the girls to **take on responsibility** for elements of the group. The group leader takes a step back from facilitation and becomes the “wind beneath the wings” of the girls as they step up and lead themselves.

By taking on responsibility for group tasks, girls learn more about and develop their **personal leadership style**.

The year culminates in a **project of the group’s choosing, design and** presentation.

y Opening Month

Pay Attention to the Women Behind the Curtain

Throughout the course of the year, the girls—like the characters in the Wizard of Oz—will have an opportunity to “**look behind the curtain**” to see all that planning and facilitating a Rosh Hashodesh gathering entails. As the year ends they will see that they have within themselves all the **skills and knowledge** they need to plan for and facilitate a gathering or confidently lead in another venue.

During the Opening Month gathering, girls will **reconnect** to one another through a brief game. They will use role play to appreciate **planning and attention to detail**. They will complete a self-assessment about **delegation**, and be introduced to the “**Leadership Deck**,” the system by which they will be invited to take on greater **responsibility** for each gathering.

Come Together: Review of group guidelines and reconnecting game

One, Two, Buckle Your Shoe: Group activity and processing

Stacking the Deck: Introduction of and invitation to greater leadership responsibility

Help, I Need Somebody! Help, Not Just Anybody: Self-assessment on survey on delegation

y Tishrey

Food for Thought

In this month, girls will learn about and practice one of the building blocks of leadership—the art of feedback. They will take a quiz through which they will assess the subtle **difference between feedback and criticism**. Through role play, they will have an opportunity to give feedback in situations they might encounter in their own lives, such as a confrontation with a parent or a difficult group member. They will explore the concept of *teshuvah*—**admitting mistakes and asking forgiveness**—through a classic Rosh Hashanah story.

In keeping with the goal of **transparency**, which is woven throughout the year, the participants will be given the opportunity to **evaluate the gathering**.

Everyone’s a Critic: Quiz

First Response: Role play and processing

Hit or Miss: Evaluation of the evening’s gathering

y Heshvan

10% Inspiration, 90% Perspiration

The month of Heshvan is an “empty” month, with no holidays or celebrations—the perfect time to take a step back and plan for the time ahead. Using a **Rosh Hodesh gathering as a model**, this month the girls will learn all about the **planning process**. By viewing material designed for Jewish young adults, participants will be introduced to the concept of **knowing your audience**. They will put their new knowledge into action, creating short **presentations** for a number of different **target groups**. The last portion of the gathering will be devoted to the **initial planning** stages of the **final project**.

The Best Laid Plans: Brainstorming

Know Before Whom You Stand: Quiz, role play and creative arts presentation

The Plan’s the Thing: Discussion and division of tasks

y Kislev

Up and At ‘Em

During the month of Kislev we celebrate **Hanukkah**. Our gathering for Kislev will focus on an important, and sometimes overlooked, aspect of the holiday: **standing against injustice**. Using the story of Hanukkah as a trigger, participants will explore what factors they might consider in deciding **when** and **if** they will **speak up**. Through examining situations which may arise in their own lives, participants will learn about different tactics they can employ when responding to injustice. By writing letters to their elected officials, participants will put all they have learned into action and actively work at **getting counted** and **having their voices heard**.

Up Through History: Discussion

On the Up and Up: Human Indicator Activity

Write it Up: Letter writing

y Tevet

Bending to Gender?

Participants will discover their own **gender biases** through a sentence completion exercise and a quiz. Through rewriting familiar stories, they will both **challenge gender assumptions** and see the impact—both positive and negative—caused by gender bias. As they discuss real-life experiences of women and respond to scenarios themselves, they will develop strategies for combating gender prejudice. Participants will also explore the impact gender bias has on leadership.

Sugar and Spice: Quiz and Sentence Completion

And They Lived Happily Ever After: Writing Exercise

Women Belong in the House: Brainstorming

y Shevat

Sense and Sexuality

With its celebration of *Tu Beshvat*—the New Year for Trees, the month of Shevat is about blossoming and growth. The gathering begins with a brief introduction to what it means to be a sexual being, including a clarification of terms and concepts that are important to understanding and discussing the broad notion of sexuality. Then, the focus of discussion is on two fundamental aspects of sexuality: **sensuality & emotional and physical intimacy**. The girls explore sensual pleasure through making and sharing chocolate fondue. They look at their own “**circles of intimacy**” through a categorization exercise.

Fiveplay: Matching exercise

The Five Senses: Making and enjoying chocolate fondue with all five senses

Five Circles: Personal reflection and discussion

y Adar

Take It to the Limit

During the month of Adar we celebrate Purim, a holiday in which many **things are not as they appear**. During this gathering, in the spirit of Purim, we will turn the themes of the holiday upside-down focusing **not on concealment, but openness**. By looking at the women in the Purim story, participants will begin to discuss **limits and boundaries**. They will use a sentence completion exercise to discover the **motivations for their own actions** in intimate and other settings. Through a series of interactive games, they will also explore **honest communication**.

No Borders, No Boundaries?: Text study and discussion

Why, Why, Why?: Personal Inventory

Is it Yes or Is it No?: Word games and discussion

y Nisan

All Stressed Out and Nowhere to Go

During Nisan we celebrate Passover, getting rid of all the *hametz* (leavened products) in our homes. Some people use this time to rid themselves of spiritual *hametz*—the things that are weighing us down. This month’s gathering is about **stepping back and gaining perspective**. Through the making and breaking of a piñata, participants will both name the things which **cause them stress** and have the opportunity to **release some stress** in a safe environment. Participants will **create their own tip sheet** for dealing with common stressors such as public speaking or test-taking. Through exploring a traditional Jewish story, participants will learn to **contextualize their stress**.

Tensión: Stress: Piñata making

Ooh La La: Picture Them in Their Underwear: Brainstorming techniques for dealing with stress

Gam Zu L’Tovah/Gam Zeh Ya’avor: This Too is for the Best/This Too

Shall Pass: Reading and discussion

y Iyar

Are You There, God? It's Me....

The Hebrew month of Iyar is about journeys; we move from darkness to light, war to independence, spring to summer. This month, participants will focus on their own spiritual journey. Through looking at the **labels** we use to **describe ourselves**, participants will begin to define their own **Jewish paths**. They will explore their personal **ideas about God** and will use traditional and modern **images of God as models for their own behavior** in the world.

Label Conscious: Self identification and discussion

Divine Consciousness: Drawing or writing exercise

Image Conscious: Discussion of God's names and how they relate to our personal vision of God

y Closing Month

Lehitraot, Until We Meet Again

This month—about **closure and separation**—mirrors the havdalah service. Through looking at Jewish women who have left familiar surroundings, participants will **explore the benefits and challenges of separation** and will **mark their own separation** from the group. They will use the model of the *Wonderful Woman* to **recognize what they have gained from each other**. This will allow them to take some of the sweetness of the group experience with them as they part. They will mark the day with a **celebration**.

The Candle: Role play and brainstorming

The Spices: Self reflection and writing

The Wine: Marking the Day—Celebration

The Havdalah: A Final Blessing