



Live with Heart Facilitator Team FAQs for Interested Alumnae

Q: What is the Live with Heart Facilitator Team?

A: Sigma Kappa's Live with Heart Facilitator Team is a group of skilled alumnae members with expertise in engaging facilitation and communication with college-aged learners. These energetic and dynamic women will be trained to facilitate workshops for our collegiate chapters in an effort to provide vibrant education and development opportunities for our members.

Each facilitator will commit to volunteering their time, energy and wisdom to promote Sigma Kappa's values and purpose by conducting a facilitation experience at a collegiate chapter at least once per term.

These women will be trained to facilitate programs on topics such as:

- **Diversity and inclusion** (Identity and Inclusion Series, similarities/differences, religious identity, etc.)
- **Healthy relationships** (sexual assault awareness, domestic violence awareness, etc.)
- **Member safety and supportive sisterhoods** (friendship and sisterhood, accountability, etc.)
- **Mental health** (positive body image, stress, eating disorder awareness, depression, self-care, etc.)
- **Personal development** (StrengthsFinder, personal brands, goal-setting, etc.)

Q: What will a typical visit look like?

A: Depending on the topic identified and the needs of the chapter, a Live with Heart facilitator will arrive at the chapter prior to the program to spend time with the chapter leaders (at a dinner or lunch before a program) to allow for knowledge sharing about the chapter. Following the program, the facilitator will conduct an onsite wrap-up meeting with chapter leaders where they will assess how the program went and any continuing action items needed for the chapter.

Depending on the topic and chapter needs, the program may be a couple of hours, a half-day or full-day program. The chapter leaders and the educational programs staff and volunteers will determine this.

Q: Who covers the cost of a Live with Heart facilitator visit?

A: The national organization will cover the cost of travel, accommodations, food during travel and any supplies the facilitator will need for the Live with Heart team to visit our chapters! The chapter will cover any costs related to renting a space/facility for the program and snacks/meals for the chapter and facilitator during the program.

Q: What is the time commitment to serve as a Live with Heart facilitator?

A: Live with Heart facilitators are expected to attend the annual training and make a visit once per academic term (fall and spring). However, because this is a new initiative during the 2018-2019 academic year Live with Heart facilitators will attend training in the fall term and conduct one visit during the spring term.

Q: How do I know if I am qualified?

A: All Sigma Kappa alumnae are eligible to apply. However, if you are a current nationally appointed volunteer (advisory board supervisor, recruitment supervisor, coordinator, director or any other volunteer appointment approved on an annual or two year cycle) you are ineligible to simultaneously hold both roles. If you have questions about this, please email facilitators@sigmakappa.org.

Q: Can I recommend someone to be a part of the Live with Heart Facilitator Team?

A: Yes, but recommendations are not required. If you know a Sigma Kappa that would make a great Live with Heart facilitator we encourage you to complete our brief recommendation form: <http://bit.ly/LWHFTRec>.

Q: How do I apply? What is the selection process like?

A: All interested alumnae should complete an application, <http://bit.ly/LWHFTapp>. All applicants will be asked to provide two references who can speak to their facilitation abilities. After the initial application review, selected applicants will be asked to submit a video sample of themselves facilitating. More details will be provided to those selected to move on to this stage. Alumnae selected to serve on the Live with Heart Facilitator Team will participate in a weekend long training and conduct their first visit in the spring of 2019.

For the 2018-2019 academic year, we hope to have applicants chosen in early August to adequately prepare for facilitator training. We encourage you to apply early.

Q: If I am not selected will I receive feedback?

A: Yes. Members of the programming team reviewing applications will be using a rubric to rate applicants. Those who are not selected for the 2018-2019 academic year will have the opportunity to receive feedback from their rubric.

More questions?

Email facilitators@sigmakappa.org.