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| Moderator | Welcome to our work shop The Keys to Relapse Prevention and Recovery. My name is \_\_\_\_\_\_\_\_\_\_\_\_\_ and I am a recovering compulsive overeater. I am also your moderator for today’s workshop and no stranger to relapse. BUT I believe no matter where you are in your program, recovery, prevention or in relapse we hope to offer you some suggestions to infuse your program with new energy. Please keep your video on unless you have to take a break. So, let’s get this shindig started! (sound effects) |
| Slide 1 | Let’s begin with the Serenity Prayer, read by all .... The Serenity Prayer will be displayed on the screen. Please feel free to join in the Serenity Prayer by unmuting yourself. Thank you. |
| Slide 2 | For those of you who are familiar with comedy, we have a [NAME] Ball substitute reading for us! We do have our very own \_\_\_\_\_\_\_\_\_\_\_ who will read our Diversity policy and the 12 Steps of OA. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ look for her at the in-person Convention in November or at the Spring Business Assembly!  Please go-ahead \_\_\_\_\_\_\_\_\_\_\_\_ |
| Slide 3 | Let’s take a look at our Workshop Agenda for today…  Review Slide With Agenda |
| Moderator-1st  Speaker | We have three speakers for you tonight! If you have any questions for any of our speakers, please address them directly in the CHAT BOX, and they will answer you after their talk. We will have open sharing after all three speakers have finished for 1-2 minutes each. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ is our timekeeper!  I proudly introduce our 1st speaker, \_\_\_\_\_\_\_\_\_\_\_\_ is a long time OA member serving \_\_\_\_\_\_\_\_\_\_\_\_\_ Intergroup and shares her history as well as her experience strength and hope! Welcome \_\_\_\_\_\_\_\_\_\_\_\_\_\_!    Let’s have a round of applause for ­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_! |
| Moderator-2nd Speaker | It is my privilege to present our 2nd speaker, \_\_\_\_\_\_\_\_\_\_\_ who currently chairs \_\_\_\_\_\_\_\_\_\_and has (list service work here) Welcome \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_!  Let’s have a round of applause for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_! |
| Moderator-3rd Speaker | And last but not at all least, is our third speaker, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (List service work here) sharing their experience strength and hope with all. Instead of autographs \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_has agreed to sign his personal checks….HAHA! (Sound Effects)  Let’s have a round of applause for \_\_\_\_\_\_\_\_\_\_\_\_\_\_! |
| Moderator | We will now have 30 minutes of open sharing for inspirations received from our three speakers. Our timekeeper is \_\_\_\_\_\_\_\_\_\_\_\_\_ and you will have 1-2 minutes of share time each. Please use your virtual raised hand to be recognized for sharing, which is in the Reaction Button at the bottom of your screen. |
| Slide | Twelve Steps to a Slip, read by \_\_\_\_\_\_\_\_\_\_\_\_\_, will enumerate all those things we try to ignore, but if honest, we will recognize these danger signals to help improve our programs! |
| Open Sharing | We would like to hear from you!  \_\_\_\_\_\_\_\_\_\_\_\_ is our timekeeper and will let you know when your time is up. Oh that sounds so ominous! (whistle)   * (Slide) How do you relate to any of the Twelve Steps to A Slip and bullets itemizing ways to strengthen your program?   + Commit to Daily Step Work   + Commit to Locating a Sponsor   + Commit to Attending Meetings   + Commit to Outreach Calls   + Commit to being honest about your own challenges and allowing others in program to offer support to you   + Anything else? |
| Slide | Seventh Tradition-show slide |
| Moderator | And now for our very own Prize Patrol. Our very own Vanna White AKA \_\_\_\_\_\_\_\_\_\_\_\_\_\_ will be calling out the lucky winner of the $25 gift certificate to WS for literature. \_\_\_\_\_\_\_\_\_ is utilizing the Wheel of Names app to pick the lucky winner. \_\_\_\_\_\_\_\_\_\_\_, spin the wheel, the stage is all yours. |
| Moderator | Before we close today, there is a link in the CHAT BOX for the Survey Form to be filled out and forwarded to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  We would like to close by thanking each of you for joining us today and for allowing me to be your moderator.  I would like to add a special thanks to the wonderful team that worked diligently to create this program:  [insert names of those who provided service to this workshop]  Their contributions, support and energy fueled the creation of our workshop.  After a moment of silence, please unmute yourself and join in the OA Promise |
| Slide | OA Promise (Create Slide) |
| Slide | Thank You (Create Slide) |