WORKSHOP · ENLIGHTENED COACH · FROM THE AUTHOR OF THE DURING™

Who Are You Becoming?

Functioning while being changed from the inside.

Most workshops are about helping or leading someone else. This one is for the person in the room who is living through their own during right now: a career that changed, a diagnosis, a loss, a caregiving season, a move, or a life that simply no longer fits. It gives people language for being changed while they keep functioning, and a quiet, practical way to meet the person they are becoming.



WHO IT'S FOR

Women's leadership events and ERGs, reinvention and transition conferences, faith and community gatherings, caregiver programs and retreats. Works for an intimate retreat of 12 or a large conference breakout, with table hosts for big rooms.

FORMATS

90 minutes after The During keynote, or a half day for a retreat.
In person or virtual.

WHAT THEY PRACTICE

Naming their practiced answer and what it protects, noticing what their competence may be covering, and building around what is actually there.

> *Who are you becoming while all of this is happening? And are you willing to meet that person when they arrive?*
>
> From the Reader's Guide in The During™

SIGNALS THIS IS THE RIGHT FIT

- The audience is full of capable people who keep functioning through change and rarely stop to ask what it is doing to them.
- The event wants reflection with substance, not a pep talk.
- Attendees are in transition, or supporting someone who is, and need language for the middle.
- Organizers want people to leave with something they can use on Monday, not only something they felt.

WHAT PEOPLE LEAVE WITH

- A name for the season they are in, and permission to stop waiting it out.
- A clearer sense of their own practiced answer, and what it has been protecting.
- A private map of who and what is actually there for them now.
- One specific, observable 30-day commitment to the person they are becoming.

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The core session: 90 minutes

The session moves the room from recognition to reflection to commitment. All reflection is private, and the shared work uses the story of Ren, the fictional character at the center of the book.

TIME	SEGMENT	WHAT HAPPENS
0:00–0:10	Bridge and private reflection	A link to the keynote's central idea, then three quiet minutes on a private page: what is my practiced answer, and what does it protect? It's never shared.
0:10–0:30	Case: Ren's practiced answer	Ren walks out of the building after twenty years with everything in a single banker's box, and learns to say a sentence that sounds fine. Tables discuss what the sentence protects and what it costs.
0:30–0:50	What competence covers	A guided private reflection on where doing well may look like done, followed by pairs who discuss the pattern, not their own lives.
0:50–1:10	Building around what's there	Each person privately maps who actually showed up and what is actually there, instead of who was supposed to come. Tables discuss what it means that it is enough to build on.
1:10–1:25	The 30-day commitment	Each person writes one specific, observable action toward the person they are becoming, with a partner and a day-30 check-in.
1:25–1:30	Close	One line to carry out of the room.

The half-day version adds quiet writing time, a second case from Ren's story, and small-group conversation about choosing a change rather than only surviving one.

GROUND RULES FOR THE ROOM

- Nothing personal is required. Any reflection is private and stays on each participant's own page.
- The cases are fictional. People discuss the characters, not themselves or their colleagues.
- This is not grief counseling, therapy, burnout programming or motivational speaking.
- When Tamera's own story enters the room, it is as a witness to what it looked like from where she stood, never as a lesson anyone is told to take.

WAYS TO WORK TOGETHER

- The keynote. The During: Building a Life Inside the Question, for a conference, summit, retreat or community gathering.
- The workshops. Who Are You Becoming?; Supporting Others Without Losing Yourself in the Unresolved Middle; and Leading, Living and Deciding When the Future Is Still Unclear. Each runs 90 minutes after the keynote or as a half day.
- For corporate and revenue teams. Competence Can Become Camouflage, its workshop for revenue teams, and the Strategic Partnership Engagement, each described in its own overview.

To bring this workshop to your event or community, contact Tamera at tam@yourenlightenedcoach.com. Each proposal is tailored to your audience, format and goals.

The During™ is a body of work by Tamera Schmidt and a trademark of Enlightened Coach LLC for educational, speaking and workshop services.