

The Hourglass Session

The Hour Glass

The Hour Glass session is designed to provide the audience with a physical and metaphorical sense of time and power.

Introduce the Hour-glass session to focus on one Power Analysis at this time, however, clearly note that multiple hour glasses in full effect each day of our existence (multiple sizes, may be in harmony, or may be in conflict with another).

1. Hold the hourglass up so the entire class can see it.
 - If possible, provide attendees an hourglass
 - You may choose to walk around the room with the hourglass.
2. Ask the class participants their thoughts about the hourglass.
 - Collect the thoughts either on paper or verbally restate the response
 - Or ask each participant to record themselves providing their thought about the hourglass (via telephone or on paper)
 - Facilitate a conversation referencing their responses and noting those who have a unique perspective on the hourglass with the entire class.
3. Hold the hourglass up
 - Say to the class - the beautiful thing about the hourglass is that we can see time (moving) disappearing
 - Remember, this is just one hour of glass.
4. Now say to the class - you are empowered (while holding up the hourglass).
 - This is your choice: all yours!
 - While pointing at the bottom of the hourglass
 - Ask – each individual to give the bottom of the hourglass an identity? (while still pointing at the bottom of the glass)
 - Choose one from the Power Analysis (

Power Analysis;

- Mother or mother his children
 - Love, hurt, anger
 - Father
 - Children
 - Emotions
 - Absenteeism
 - Education
 - Violence
 -
5. Ask the participants for their input and what are some of their choices
 - Note some the responses on paper
 6. Ask the class to hold those thoughts

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7. Play some songs up the four (search for additional music) - then ask participants to think about their selection for the bottom of their hour-glass as each song is played.
 - Dear Mama - Tupac
 - Dance with my father - Luther Vandross
 - Looking for love in all the wrong places - Mickey Gilley
 - Cats & Cradle - Harry Chapman
 - Papa was a rolling stone - Temptations
8. Ask the class participants what are some of their thoughts
9. Mention **time** waits for no reason
 - Emphasize **time waits** for no reason or nobody
 - Everyday time disappears
10. Ask the participants to look at the hourglass
11. Ask them to only share if they want
 - What have they attached to each of granule time?
 - Tie time passing to relationships
 - They matter to your children
 - They matter to your family
 - They matter to your identity
 - Tie time passing to their children
 - Quality time
 - Protector
 - Leader (guide)
 - Provider
 - Role model
 - Tie time passing to themselves
 - Health and longevity
 - Ask them to record their responses on paper or video

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12. Ask the class participants to flip the hour-glass up

- Ask: What are we passing on?
 - Reference a Developing Purpose worksheet.
 - Think about what was passed to you
 - Breaking cycles
 - Maintaining the same
 - Something better
 - Develop - purpose on children, family, & Future

Developing My Purpose

To develop a greater understanding of your specific purpose; please answer the following questions.

The things I love to do:	
I am passionate about the following things:	
I am naturally good at doing the following things:	
Things that are important to me are:	

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Developing My Purpose - Self

To develop a greater understanding of your specific purpose; please answer the following questions.

The things I love to do:	
I am passionate about the following things:	
Things I do to nurture myself:	
Things that are important to me are:	

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Developing My Purpose - Children/Family

To better understand your specific purpose, please answer the following questions.

The things I love to do for my children/family:	
I am passionate about the following things for children/families:	
Things I do to nurture my children/family :	
Things that are important to me about my children/family:	

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Lessons from My Father

To develop a greater understanding of your specific purpose; please answer the following questions.

What two lessons did you learn from your father?	
What two lessons you learned from your father you wish he did not pass on?	
What is your father's legacy?	
What is your legacy?	