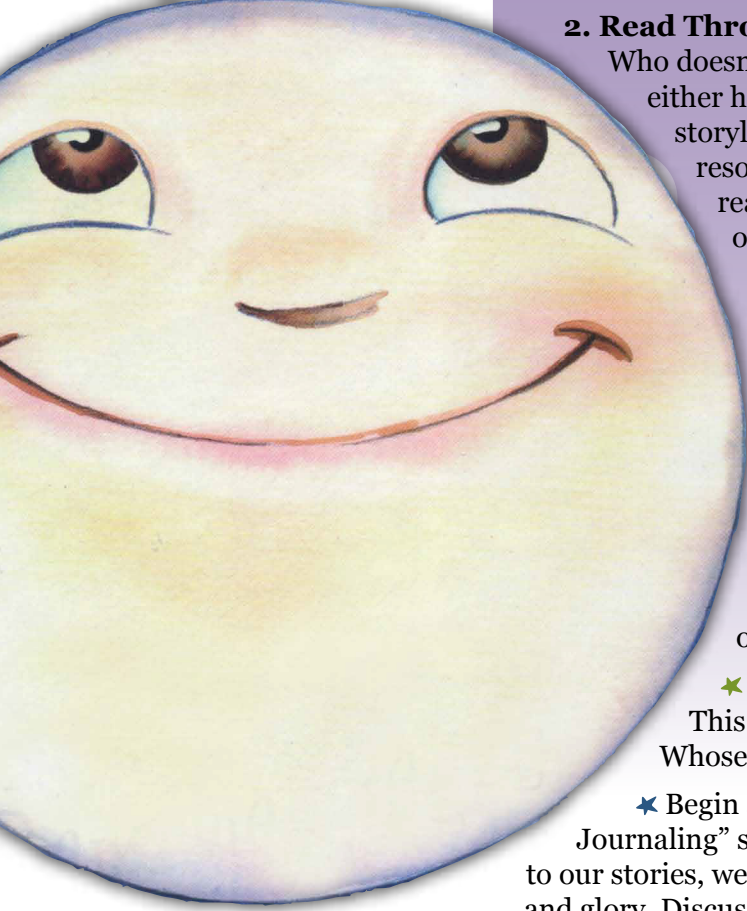




A meaningful approach to modeling conflict resolution in the many roles you hold.



You are Leaders, parents, spouses, employees, employers, friends, family, neighbors. You hold many roles in the lives of many people. And in each of those relationships is the potential for – and reality of – conflict. No one likes or invites conflict. Yet how often in our lives is conflict a God-given opportunity to be His light to the world around us? That is a driving question behind the Free to B. True (FBT) Program. How does God call us to model conflict resolution within our roles, that we might be a light of hope, joy and purpose through Him, for others?

Here at Frieda B., LLC, we care deeply about what you are doing for and with God, as Leaders. We care deeply about the girls (and boys) you serve – at AHG, home and elsewhere. And we pray that this FBT Just for Leaders Event Guide will offer a meaningful approach to modeling conflict resolution in all your relationships... and to experiencing the fulfillment and adventure He intends for each of you.

1. Gather Together. Open in Prayer.

Father, we come together before You today to ask for Your wisdom and guidance, and the unity of the Holy Spirit at work among us as we consider how You call and equip us to resolve conflict that arises in our lives – both as individuals and as a Troop. Bless and preserve the work we do as AHG Leaders, that we and those we serve may honor You by modeling Your resolution, hope, joy and purpose. In Jesus' name we pray. Amen.

2. Read Through *Frieda B. Meets the Man in the Moon*.

Who doesn't love a picture book? Relax, sit back and enjoy this one – via either hard cover or a PowerPoint version on a big screen. The storyline, while sweet and endearing, sets the tone for the conflict resolution discussions and activities to come. Following the story, read through and discuss the "To Get Things Started..." sections on both the FBT to Yourself and FBT to Others Guides.

3. Address Conflict In Your Own Lives.

How does conflict present itself in the way you speak to yourself? How about in your relationships with your spouse, children, extended family, friends, co-workers, community? Oftentimes our response to conflict is fear, then anger. But when we remember that God is our North Star and always is in control, it's easier to drop fear and respond to His call for love, honesty and kindness.

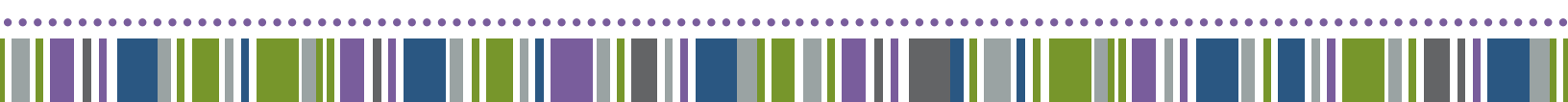
★ Being True to Yourself. Read through/discuss this section on the FBT to Yourself Guide.

★ Bring out the labels and Altoids®... it's time to make FBT Tins! This is a keepsake that will serve to remind you of who you are, and Whose you are. See instructions on the FBT to Yourself Guide.

★ Begin a Story-Journaling Group. Read through the "Story-Journaling" section on the FBT to Yourself Guide. If we're paying attention to our stories, we see they often are the greatest witnesses to God's existence and glory. Discuss the idea of story-journaling, and consider committing to it – and sharing the experience – as a group.

★ Being True to Others. Read through/discuss this section on the FBT to Others Guide.

continued on back...



For full FBT program details:
FriedaB.com/AHG/FBT



- ★ Believe it or not, conflict makes your story sweeter. Read through/discuss this section on the FBT to Others Guide.
- ★ What conflict issues are pressing in your own lives? How can you use “*The 3 A’s*” and “*The Ephesians 4 Approach*” to bring resolution? You are blessed to have a safe environment of Christian friends and Leaders in which to share.

4. Address Conflict With and Among Your Troop.

If it isn’t already, your AHG Troop is an opportunity for a safe haven – for you and the girls/families you serve. As Leaders, the way you handle conflict sets the tone for the entire Troop. Choose to model good resolution skills.

- ★ Open for discussion: What conflict issues are pressing on your local – as well as global – Christian community? How have you/others been addressing these, or not? How might your working to resolve one or more of these issues provide light, hope and purpose to others, for Him? How might this model Christ-like conflict resolution for the youth and families you serve?

- ★ Conflict Resolution Credo. Consider creating one for your Troop - first as Leaders, then with your girls. Using the scripture verses outlined in the FBT Program as a foundation, follow three steps: 1) Discuss then draft a credo – a statement of beliefs that includes the 10 values contained in the AHG Creed – for your Leaders/Troop regarding your conflict resolution standards; 2) Create an accepted method (based on the techniques outlined in the FBT Program) for any girl or Leader to use when core values are not being followed and conflict arises within the Troop; 3) Post the credo at Troop meetings and ask that each Leader and girl commit to following it. This establishes a safe standard and a solid model for everyone to follow.

5. Life is an Adventure... Embrace it (with Zilla)!

End your Leader Event with some fun! Using the “Life is an Adventure!” section on the FBT to Others Guide, celebrate the journey, the blessings, and the friends you take with you...

- ★ Read through and discuss the intro paragraph. How is life like a story, and how does conflict play a (good) part in our journey and adventures?
- ★ Consider giving each Leader an adventure bag, to encourage and inspire her/his dreams and story. Perfect for carrying FBT Tins and Story-Journals, too!
- ★ Celebrate the blessing of friendship: How and with whom do you prepare and travel?
- ★ Create your own “Make and Take Zilla(s)” using the template and instructions at FriedaB.com/AHG/FBT, then pose for a group shot. This will serve as a lasting reminder of some of the great friends you have by your side on your God-given journey.
- ★ Send us a photo at AHG@FriedaB.com or post on our Facebook page ([Facebook.com/FriedaBHerself/](https://www.facebook.com/FriedaBHerself/))!
- ★ Close in prayer. And hugs. **Lots of hugs.**

