



יחדיו
Together
BY SOD HA'ADAM



אשר יחדיו
נמתיק סוד
תהלים נ"ה:מ"ו

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You're on a *Journey.*

You have been uncovering the secrets of the vast, rich and beautiful world around you, tapping into the greatness and unique strengths you carry within. Now imagine the energy and power of women like you joining forces.

United in a quest for אמת and real growth

Committed to truly supporting one another

Seeing past the layers in oneself and others

Creating a deep and meaningful connection

*That's the power
of Together.*

אשר
יחדיו
נמתיק
סוד

Together
let's reveal
the secret.

Find a *partner* or join a
group and reconnect to
yourself and the world
around you in a whole
new way.

When you feel safe to share what you want to share, to meet what you are ready to meet, to be who you really are, you'll feel the dormant parts in your heart awaken, as you experience a new level of life and vitality.

You'll emerge feeling energized and empowered.

Sod Ha'adam
Together.

Where you'll belong
to and feel part of
something bigger.

Call the hotline and press #3 for an introductory
message from Rebbetzin Tukachinsky.

*Joining a group or finding a partner is not a required component
of the Sod Ha'adam course, but rather an optional enhancement
of the program for those who feel they would benefit from it.*

Partners קנה לך חבר

Recommended

Setup

- ✓ Meet weekly on the phone (or in person, if preferred).
- ✓ Set a **fixed day and time**.
- ✓ Keep it between **30 minutes – 1 hour**.
- ✓ Each partner should receive about the same amount of time to share.

When you *Meet*

Discuss the core concepts of your course.

Be open about the challenges you're facing.

Share what's on your mind.

Support each other through the ups and downs of process and change.

Finding a *Partner*

Partner with a Sod Ha'adam participant you know

or

Use our online partner-match platform (see pages 14-15).

Groups

Recommended Setup

- ✓ Form a group of 6-10 women, on the same Sod Ha'adam course level.
- ✓ Meet weekly or bi-weekly, at the location of your choice.
- ✓ Keep it to 1 hour and 15-30 minutes.
- ✓ Designate someone to coordinate the date, time, and location.

At the Meeting



Warm up - 10 minutes

Enjoy each other's company, schmooze and connect over light refreshments.



Concept - 5 minutes

One member, on a rotation basis, presents a concept from the Sod Ha'adam class that she wishes to discuss and understand more deeply.



Sharing - 1 hour

Every participant around the table shares her thoughts about the idea presented. She can ask questions, or share personal struggles, triumphs, experiences, and insights.

According to the group size, set a specific amount of time per participant.

To enable real sharing, listen attentively without interrupting. If a participant would like to respond to something that is shared, she should do so when it is her turn to speak.



Wrap Up - 5 minutes

Around the table, participants share a point that especially touched them from the meeting.

Setting up or joining a *Group*

Form the group on your own with people you know

or

Use the hotline (press 3 on the main menu) or our online platform (see pages 14-15) to create or join a group.

Guiding Principles

The cornerstone of a successful learning partnership/group is a deep bond of respect, loyalty, and trust.

נאמנות - Trust and Confidentiality

It is crucial that personal information be kept completely confidential within the group and not be shared in any form with anyone outside the group.

Real listening. נתן עיניו ולבו

The art of true listening is connecting with and tuning into another's world and experience. Listen without interrupting, and then remain quiet for an additional few seconds, just absorbing and holding what was shared.

כבוד *No judgment:*

True כבוד is a commitment to focus upon, connect to and be humbled by the real גדלות of the person in front of you who is sharing.

אמון *Seeing the bigger picture:*

אמון is the ability to appreciate and deeply connect to the real essence of another person, as well as the real place she is at right now.

To know that we do not know: והווי דן את כל האדם

Every person is an entire world, and even when given a window into another's world, the fact is that one still knows nothing! Respecting someone else's world is listening from a place of humility, compassion, and interest.

עזמו אנכי בצרה *Caring and carrying another's burden/pain*

No matter how insignificant someone else's struggle may seem to you – it's more real than you can imagine.

Do not *Compare:*

Avoid comparing someone else's problems and difficulties to your own.

Do not *give advice:*

The goal is not to advise or guide, (unless a person asks for it) but rather to support each other.

A Wholesome Experience

Questions to ask yourself:

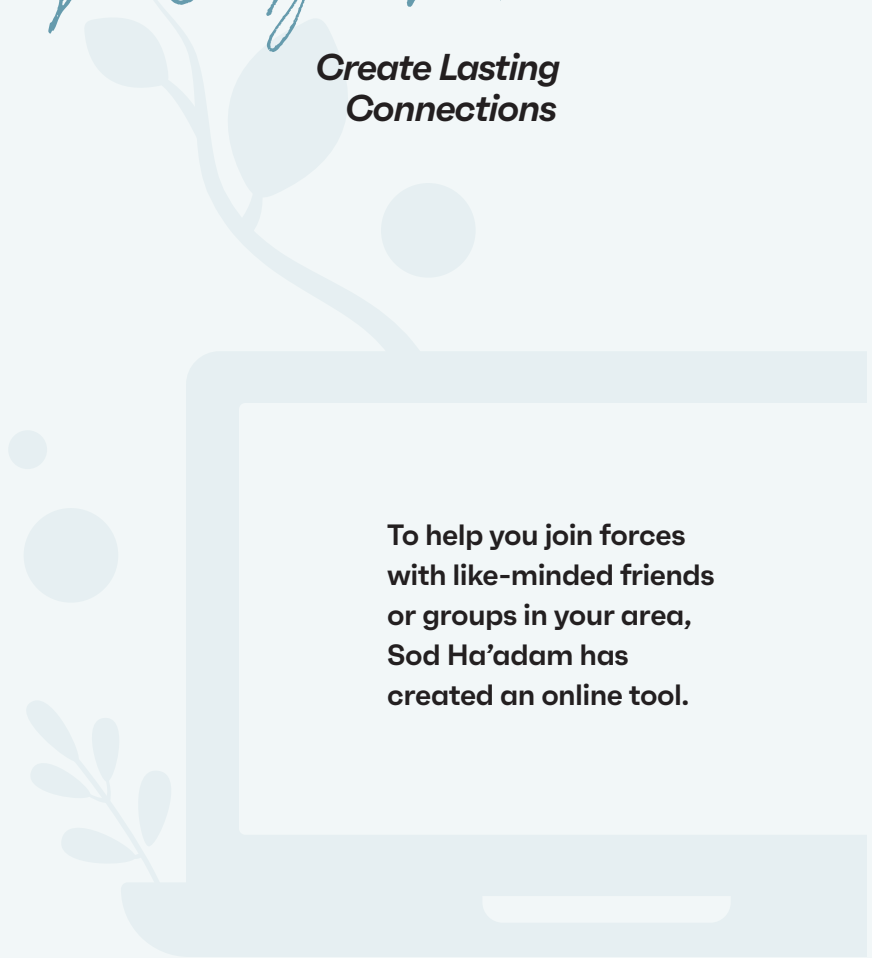
- ② Is there a positive, optimistic atmosphere during the meeting?
- ② Do I feel heard? Do I feel safe and not judged? Do I feel comfortable to be myself?
- ② Is my dignity and the dignity of all members intact?
- ② Do I feel comfortable with the level of sharing, and not feel compelled to overshare?
- ② Is my privacy respected / protected?
- ② Is the group balanced, where everyone has equal opportunity to share?
- ② Do I feel energized, hopeful, uplifted, and/or empowered after a meeting?

Be cautious of the following:

- If there are serious concerns about a member's safety or wellbeing, encourage her to reach out for appropriate help. Learning groups do not take the place of individual guidance and/or medical intervention.
- Understand your role as a friend, not a savior, therapist, or advisor. Do not encourage others' dependency in any way.
- Do not ask personal or intrusive questions, or pressure another to share.
- Take responsibility to maintain your own boundaries and not to overshare.
- Share for the purpose of engendering strength and empowerment, rather than staying stuck in negativity and weakness.

Online Platform

**Create Lasting
Connections**



**To help you join forces
with like-minded friends
or groups in your area,
Sod Ha'adam has
created an online tool.**

For partners :

1. Head to sodhaadam.org/together.
2. Create a profile with some basic information about yourself.
3. View others' profiles and filter based on preferences.
4. Request a match to receive contact information.

For groups :

1. Head to sodhaadam.org/together.
2. Create a group profile with your neighborhood details.
3. Wait for others to find you and join!

Please note: This platform is free for any Sod Ha'adam member to join. Please use your own judgment to determine a good fit. Sod Ha'adam cannot take responsibility for group or partnership quality.



אז נדברו יראי ה'
איש אל רעהו ויקשב
ה' וישמע ויכתב ספר
זכרון לפניו ליראי ה'
ולחשבי שמו

(מלאכי ג: טז)

*Join powerful,
positive women
like yourself.*

*And transform
your world
and the world
around you.*



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