



# HOW TO SET UP YOUR OWN GROUP and TIME INVESTMENT

1. Everyone begins the course on the same day.
2. The whole group commits to meditating daily, preferably alone and indoors. No skipping and/or stacking days...one day at a time.
3. Each individual sends a daily app in the group app, immediately after finishing the meditation and watching the film, you app: #friendlyeyes day nr. 1 (8, 39, 81, etc.).
4. The only expectations are that you practice daily and send an app immediately after you have meditated. There are no other responsibilities towards each other.
5. At the end of the Experience course set up a video call with the group to listen and learn from each others experience.
6. The time investment needed for the Experience course starts with watching 20 minutes of videos. For the first two weeks, 7 minutes a day and this builds up to 18 minutes a day in the last 4 weeks. You meditate daily for 12 weeks.

## Tips from Jackie

- Keep the group size between 2 to maximum 6 people. If you decide to go above that it might feel somewhat overwhelming as every day each person sends an app.
- If you follow the rules above there will be accountability and lots of fun and support along the way.
- In the Power and Love group (5 of us including myself and the Friendly Eyes ambassadors) after a while we also started sending inspiring short texts/articles and the occasional crazy video/song via app to keep the energy upbeat and create even deeper connection between us.
- Nobody should feel the need to do anything except the daily app, as space and kindness is the name of the game!
- I strongly advise that all participants agree in advance what happens if someone frequently forgets to app or meditate. A simple way to solve this is to agree that if anymore misses more than twice, they exit the group on their own accord. When they leave they send a kind message to the group wishing them well on their journey and the group reciprocates. That way everyone feels comfortable, responsible and accepted.
- There is no such thing as failing, there are only choices. We leave all judgment out of whatever happens.



# THE BENEFITS described by the AMBASSADORS

Pieter van den Hoogenband, Barbara Hannigan, Sarina Wiegman and Sven Groeneveld teamed up with Jackie Reardon to do the 12 weeks Experience course together as a group. At the end of the 3 month journey together, they finally met on a zoom call to share what they had benefitted from and exchange perspectives.

## Barbara Hannigan

Internationally renowned Opera singer and conductor - Grammy Award winner

When prepping for my performances I would literally write in my music 'feeling instead of thought' to bring myself back to the moment. By taking daily action with the meditation, it really helped. Also, it seemed to bring me more time to reflect on the things I really wanted to say yes to and recognize more clearly what I didn't want to do. Striving to meditate every day gave me a lot of strength, and being on a team with you all, I just thought, I can't let you guys down. And as you saw, I was usually the last one of the day to complete the daily course, so I was really proud of myself when I wasn't the last of the day. So thanks for that competition there!

## Pieter van den Hoogenband

3x gold medalist winner and Chef de Mission Dutch Olympic Team Tokyo 2021

I'm so passionate about the Olympics and the Experience course gave me insights in my leadership as Chef de Mission for The Netherlands in Tokyo 2021. It's really helped me grow in my role and I found a way to remain myself under all the pressures that there are around the Olympic Games at the moment. The Japanese are our friends! They have a very tough time at the moment, it's important to remind ourselves of that. I also occasionally experienced a kind of flow that I recognized from the times when I participated in the Olympic games as a swimmer. In addition, my son and I went through a daily fitness program together and with meditation skills, daily yoga and a great connection to the Power and Love team (and my son!) I'm now in top condition and totally prepared for the Olympic games. (Pieter lost 11kg over the last 6 months, chapeau on leading by example!)

## Sarina Wiegman

British National Women's Football Team Head Coach and  
2x World's best football coach FIFA Women's Award

I noticed experiencing that I had a little more time. There are many things I have to do and want to learn, the days are really full. I felt I got a better overview of how to deal with this workload. The Experience course also helped me to relax more, not only during the meditation, but also at other moments during the day. Strangely enough, at the beginning of the course sometimes anger came up during the meditation. That took me by surprise. I managed to deal with it, by just noticing it and gradually it dissolved. It might be because of the Covid time and it was interesting to observe that.

## Sven Groenveld

World renowned tennis coach to professional players, including Roger Federer,  
Maria Sharapova, Greg Rudeski, Michael Stich and Bianca Andreescu

I totally agree that it is a huge motivation to be in a group where everybody has a huge schedule and responsibilities to follow. And so, every day just to show up and to remind ourselves that we're all in it together, this was so important. That just totally made it such an easy experience for me. I want to thank you all for that, because that's always a kind of challenge for me. Normally I start my day planning for others, then all of a sudden, I actually started most of my days with meditation, taking time for myself and checking in with how I was feeling. And I've actually started to embrace that time for myself, where normally I just wouldn't have taken the time. It really has made a difference in my life of how I relate to myself and others. Also, like Sarina, I noticed some anger came up, that was good to notice because I managed to let it go and that helped clear things up.