**Session 2: Connecting with Jewish values and an Introduction to the *Year of Growth***

Goals:

● Introduce participants to the eight core Momentum Jewish values and invite them to reflect on their relevance in their day-to-day lives.

● Give participants a taste of Jewish learning and the Partner Organizations’ plan for the year-long learning schedule. (We suggest introducing the *Year of Growth* resource.)

● Empower participants with the knowledge that they are all part of the Momentum Year-Long Journey “crew” and are not just “passengers.”

● Explain that the *Year of Growth’s* teachings are woven around 14 key Jewish values, and intertwined with contemporary insights from neurobiology, motivation, management, and psychology. Additionally, each *Year of Growth* session includes Israel content and ideas for bringing the lessons home to families through fun and inspiring activities. Please click [here](https://momentumunlimited.org/blog/year-of-growth/) to access the sessions.

**Activities:**

1. Before your meeting, ask participants to bring an object with them that symbolizes something they care deeply about. Invite each woman to discuss her object. Highlight objects that symbolize a Jewish value.

2. Introduce the Momentum core values through Jewish Value Cards, which you can access [here](https://f.hubspotusercontent30.net/hubfs/7113780/Roadmap/Pre-Trip%20Sessions/Momentum%20Pre-Trip%20Resource%20Session%202/Values%20Cards.pdf). (Print and cut them in advance. If you have a larger group, print out multiple sets of cards.) Lay the cards on a table and invite participants to identify the values that most resonate with them, that surprise them, or that they especially want to share with their children.

3. Invite women to write a 15-word personal statement about the Jewish values that are most important to them. Give them 8-10 minutes to do so and then invite them to share. One participant can collect all the statements and then share them with the group.

4. Share your full-year plan in a format that encourages participants to become co-creators and crew members in these meaningful sessions. Sample sign-up sheets: [Sample 1](https://f.hubspotusercontent30.net/hubfs/7113780/Roadmap/Pre-Trip%20Sessions/Momentum%20Pre-Trip%20Resource%20Session%202/YOG%20Sample%20Schedule%20Sign%20Up%20Sheet%20November%202021.docx) | [Sample 2](https://f.hubspotusercontent30.net/hubfs/7113780/Roadmap/Pre-Trip%20Sessions/Momentum%20Pre-Trip%20Resource%20Session%202/YOG%20Sample%20Schedule%20Sign%20Up%20Sheet%20October%202021.docx) | [Sample 3](https://f.hubspotusercontent30.net/hubfs/7113780/Roadmap/Pre-Trip%20Sessions/Momentum%20Pre-Trip%20Resource%20Session%202/YOG%20Sample%20Schedule%20Sign%20Up%20Sheet%20Spring%202021%20-%20Copy.docx) | [Sample 4](https://f.hubspotusercontent30.net/hubfs/7113780/Roadmap/Pre-Trip%20Sessions/Momentum%20Pre-Trip%20Resource%20Session%202/YOG%20Sample%20Schedule%20Sign%20Up%20Sheet%20Summer%202021.docx).

Share ideas from the [introductory chapter](https://momentumunlimited.org/wp-content/uploads/2020/07/02-Becoming-the-Best-You.pdf) of the Year of Growth.

We suggest studying one or more sections of the *Year of Growth* in upcoming sessions. Let women know whether *Year of Growth* will be used in your learning sessions. If you do not plan on using *Year of Growth*, show them how to access to the book if it interests them.