



## ***Power of TED\* User Groups (TUG)™***

### **About TUGs**

The flagship TED\* User Group (TUG) was formed in Seattle in 2008 by attendees of David Emerald's *Power of TED\** seminars. The group was formed as a “**TED\* Community of Practice**” for those wanting to stay closely connected to the work and interact regularly with others who are applying TED\* in their lives—both personally and professionally.



The Seattle TUG meets once a month (3rd Tuesday of the month) in person and is open to anyone who has attended a *Power of TED\** seminar, thus providing a common framework and experience to build upon.

Another type of TUG that could be formed is a “**TED\* Support Group.**” This type of group is for those who are interested in the work of TED\* on a more personal level and who may or may not have attended a workshop or seminar.

TUGs are member-created and driven. The Power of TED\*™ staff are happy to provide support in helping you create a TUG and we are providing this document as a springboard. Outlined below are details about what the Seattle group does at the meetings and is offered as a possible meeting format.

### **Starting a TUG**

We encourage TED\* adopters to form TUGs based on geography, specific interest, etc. You may want to consider whether your group would be a “**TED\* Community of Practice**” or a “**TED\* Support Group**” (see above for descriptions).

How can you form a group?

1. Determine what your interests are with TED\* and how you would like to share this with others.
2. Set a time and place to meet. (Suggested meeting duration 2 hours.)
3. Create a meeting agenda, or use the suggested meeting format below to get started.
4. Think of others you know who already use TED\* or those who could use TED\* in their lives. Invite them to join you. Use group input to set guidelines for your own group.
5. Keep us updated on your groups progress and ask for support as needed.
6. Have fun!

## Suggested Meeting Format

This format is currently being used by the Seattle TUG. This TED\* User Group was established to be a “Community of Practice” (see “**About TUGs**” section), but this format could be adapted for any group.

- Meeting content is determined through group input at the previous meeting.
- Meeting structure includes:
  - Opening statement – a reading from *The Power of TED\** or another source of inspiration for sharing to presence the group
  - “Check-in” by attendees—each shares how they have been doing and any insights, breakdowns and/or breakthroughs in applying TED\* in their lives
  - Topical discussion and/or experiential exercise
  - Discuss and determine topic for next meeting
  - Assignments for next meeting (i.e. “Opener” and “Facilitator,” as defined below)
- There needs to be a “Group Convener” who manages the member list and is responsible for sending invitations out each month (Seattle uses Evite.com).
- Each meeting has individuals in the following roles – positions will be assigned/volunteered for at the previous meeting (i.e. June roles agreed to at May meeting)
  - **Opener**: this person will prepare and present a brief statement/reading to open the meeting with the intention to support bringing the group into being present and ready to share.
  - **Facilitator**: this person will act as facilitator/moderator during the meeting; they will also be responsible for gathering group feedback and bringing a topic forward for discussion at each meeting.

That’s it – simple and straight forward!

Again, these are just suggestions. As a group of Co-Creators, each TUG is encouraged to come up with a format that works for them!

*If you have any questions, please contact:*

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