

The GOGI Coach News

PowerUp! Community News ~ Feb/Mar 2021



The Ripple of Trauma

Do you remember a time in your life when things irrevocably changed for what you thought was for the worse? Remember how painful it was to realize that things would never be the same? Fast forward. Do you also remember some of the good things that emerged from the massively disruptive event?

As we move through this thing called a pandemic, and as the world shifts and shapes to a new normal, we can reflect on those times when we suffered through a change that, ultimately, offered some benefits.

As someone who recently spent 8 days in a trauma center for falling off a horse that did not want to be ridden, I can confidently say it would have been far easier for me to avoid the trauma. But, alas, life offers twists and turns irrespective of our individual preferences.

Looking back on the massively disruptive event of my losing argument with a 3,000-pound animal, it did cause me to secure medical insurance, organize my paperwork, eliminate things in my space that were no longer needed, and clean out my sock drawer a few dozen times. As a result of the split-second event, I am more aware, more present to life, more respectful of words I speak and why.

Please know that the pandemic may be touted to be “temporary” but will have lifelong reverberations throughout your life. You can, if you want, drag the ripple effect of the pandemic or other events along as trauma. Or, if you choose, you can use the fallout from the pandemic to catapult you into the brightness of a new and different day of your own making.

Your life, as well as mine, is forever changed as a result of covid, even if we do not see how that change will emerge. The

only meaningful discussion is how you choose to experience the change. All justice systems are being rethought. All previous systems for education are being rethought. All communications – rethought. In truth, it might be perceived to be a wonderful time to be alive, as it is a time when we get to rethink, regroup, refocus. We are not trapped into societies’ “expectations” as all those expectations have been tossed out the window.

My hope is that as students of the art of Getting Out by Going In, we hold fast to our GOGI Tools as we create each new day. To a very large extent, others are looking our way. They need an example, proof that there is hope for happiness.

As we strive for increasing levels of internal freedom, we must choose to focus on the good in all situations. We must choose to focus on the good in all people. We must choose to focus on the good that can come from the “reset” that this pandemic has afforded.

This is the finest opportunity for us to show Living the GOGI Way is a unifying, all denominational, all culture, all color, all everything way to create a win/win in the human experience.

Trauma, in its various forms, can be used to our individual and collective benefit. A little pandemic won’t stop our GOGI community from its relentless organic expansion. In fact, it will only strengthen our resolve to BE the solution!

With Love,

Coach Taylor

In Other News!

~ First Certified Facilitators

In an effort to feed the demand for more ways to share the GOGI Tools, the first cohort of PowerUp! Community Meeting Facilitators has been trained and are being prepped for zoom meeting facilitation. Also,

the video captured during this workshop will be translated to an online certification process made available to anyone wishing to offer PowerUp! Community Meetings.

~**FINALLY Additional Mailroom Help**



Coach Johnny is joined each week in the mailroom by Volunteer Ernie (formerly CTF) and Coach Ernesto Rodriguez (formerly PVSP) as they process mail.

~ **Upcoming Courses**

With the overwhelming success of the recently released *GOGI Victim Impact* and *Criminal Thinking* courses, we have put increased focus on *High On Life the GOGI Way* our substance abuse course, and we have finally completed the *GOGI Yoga For Small Spaces* a mindfulness course. Both courses are likely to be in print by July, with our certified GOGI Coaches receiving their complimentary copy. For all non-coaches, we will be applying for grants to help make the courses available, and all courses are added to our bookstore for purchase at www.gettingoutbygoingin.org

~ **Directly to the Parole Board**

For those engaged in serious GOGI studies (which GOGI determines as more than 4 course completions within the prior 365 days), we are routinely submitting letters directly to the Parole Board with a copy of student transcripts. With regularity, we are receiving a letter of acknowledgment back from the Board office staff stating their receipt and documentation of our records. This serves to offset the unfortunate fact

that some institutions are not perceiving sufficient value to scan the completions of in-cell courses into the C-files of students. Working directly with the Parole Board, however, is proving to be even more effective than C-file documentation, as GOGI's records are trusted as the most accurate representation of in-cell rehabilitation efforts. Make sure you give GOGI 2-3 months head's up on Board hearings or support letters. With the pandemic logistics, we need as much time as possible. We don't want to disappoint!

~ **Grants/No Grants.** Irrespective of grant funding or no grant funding, GOGI is focusing efforts toward strengthening our Coaching Team, and offering the MY LIFE STORY (in Spanish, too) and POWER UP BOOK REPORT courses to anyone else wanting to earn GOGI course certificates. We will continue to apply for grant funding to make more courses available, but our focus must be to prepare institutions to offer PowerUp! Community Meetings at the local level, letting the institution award Power Up! Community Meetings credits as they deem appropriate for the course.

That being said, families are jumping in and purchasing GOGI's in-cell courses, which, we are told, are among the least expensive correspondence courses offered by credible and reputable program providers. We thank our donors and volunteers for helping us keep costs low.

~ **Report Cards, etc.** Please know we are backed up with admin duties. Seems as if everyone wants in-cell GOGI, and we did not qualify for CDCR funding for more staff or supplies. Please give us time. We are doing the best we can. Please give us 8 weeks to get you a posted credit and report card, and 8-10 weeks for Board letters, and maybe even longer to process Coach certification.

~ **GOGI Needs Your Art.** Art about the GOGI Tools or containing GOGI specific wording is much needed for new materials.

~ **GOGI Needs Postage.** If you have extra postage, we sure could put it to good use.