

# Parole Hearings ~ The GOGI Way

Preparing for Hearings, Parole Board, and other interviews



## A Note from GOGI Founder, Coach Taylor

A letter was sent to GOGI from one of our leaders who was pleased to share his successful parole hearing outcome. He wanted to share suggestions that he hoped were passed on to others who would be in the same hearing seat in the days and months to come. That same week, I received another letter from another GOGI leader who engaged in discussions with staff related, specifically, to hearings. He offered some suggestions, as well.

As a listening organization, GOGI responds to the needs of our students. Both of our students were providing similar suggestions they hoped would be shared. This handout is a response to their insights and suggestions. While GOGI takes a lot of criticism for the fact that our courses repeat, repeat, repeat, we also receive a lot of praise for a stellar record of successes among our released students. Each of the GOGI books repeat, repeat, repeat the same thing in different ways, excellence requires practice and repetition. We have found that the more solid our students can speak about the application of the GOGI Life Tools in their daily choices, the more positive they feel about their interview results.

As you prepare for return to the community, please know that all of us at GOGI want you to be prepared at your very core. We do not want to have you return home only to suffer and struggle. At GOGI, we want you to return home and become a solution to a suffering society. That, my friend, requires repeat, repeat, repeat.

When you speak of your own GOGI Life Tools in interviews and hearings, please be prepared to respond to, or offer a solid, concise, and accurate response to, the many questions I will list below. One helpful hint is that those individuals tasked with interviewing you have great confidence when our students can share specific instances when a specific tool came in handy. Therefore, keeping a list or journal or a "GOGI Life Tool Log" permits you to list dates, times, places and topics where you applied your GOGI Life Tools to specific situations you have documented. You may, or may not, be able to take this journal or log into the meeting, but you can refer to it, and say something like, "In my GOGI Life Tool Log I documented one time when my cellie...". This level of engagement is likely to impress anyone, and may accurately reflect your level of commitment to using your GOGI Life Tools when facing daily challenges. Here are some questions you may be asked: *What is GOGI? How has GOGI helped you? What does GOGI do for you? How can GOGI better prepare you for society? How does GOGI help you make better decisions? Explain the GOGI Life Tools to us. What do you mean by BOSS OF MY BRAIN? How do you apply this specific Tool to your life? On the night of XXXX when you committed the crime of XXXX, if you had known the GOGI Life Tools, would the outcome of that night have been different and how? When you received a write up for XXXX on (insert date here), would your GOGI studies have made a difference and how? Regarding remorse for your actions, specifically, how does GOGI help you? How do we know that if you are let out, you are not going to return to your previous life style? What will you do if someone offers you drugs? If a fight happens and you are right there, what are you going to do? If someone comes running at you, how are you going to deal with that? What if you are in a situation and you are around people who are drinking or getting high, what are you going to do about that? How are you going to cope with the stress of getting a job and paying your bills? Who do you reach out to? Are you going to continue groups and self-help if you return home? What are 5 stressors you are going to have if you get out and how will you cope?*

Remember, dear GOGI students: Be GOGI specific! KNOW YOUR TOOLS. Know specifics about specific tools to be used at specific times and under specific circumstances. Keep a log! And remember, above all else, repeat, repeat, repeat.

With Love,  
Coach Taylor