



Start your own learning group

Create a fun & welcoming group with this checklist

Define your learning group

- Choose a topic you're excited to learn (not something you already "know")
- Write one clear sentence explaining what the group will learn together
- Keep the purpose simple and human
- Make sure the topic is achievable for beginners

Build the right group

- Aim for 4–6 members
- Invite people who enjoy learning together and aren't afraid to look awkward
- Use warm, low-pressure language when inviting
- Make it clear that no experience is required

Example invite:

"I'm starting a small learning group to explore ____ together. No prep, no pressure, just curiosity. Want to join?"

Set simple learning goals

- Choose 1–2 small goals for the group
- Make goals specific but flexible
- Avoid long-term, overwhelming commitments
- Focus on progress, not mastery

Examples:

- Learn 10 travel phrases
- Read one book together
- Try one creative activity per week

Plan your meetings

- Decide how often you'll meet (weekly or bi-weekly works best)
- Keep meetings to 60–75 minutes
- Choose a consistent day and time, if possible
- Start with a 4-week pilot before committing long-term

Prepare for the first meeting

- Welcome everyone and share why the group exists
- Invite others to share why they joined
- Review the group's learning goal
- Agree on meeting rhythm
- Choose the first topic or activity
- End with one small next step

Facilitate

- Ask open-ended questions
- Make space for quieter voices
- Keep conversations gentle, not rigid; you're guiding — not instructing
- Encourage curiosity over correctness
- Rotate simple roles, if helpful

Keep the group engaged

- Celebrate small wins regularly
- Rotate who chooses topics
- Keep structure light but consistent
- Add simple rituals, like an opening question or closing reflection
- Adjust as the group evolves

Avoid these common pitfalls

- Don't choose a topic that's too vague
- Don't let one voice dominate
- Don't turn it into a class
- Don't over-plan or under-plan
- Don't set goals that feel heavy

Reflect & decide what's next

- Check in after 4 weeks
- Ask what's working and what isn't
- Decide whether to adjust or wrap up
- Celebrate what you learned — together



If you prefer joining a learning group, sign into **The CJ Way Community**, thejway.biz/community, a welcoming space that encourages curiosity and owning the awkwardness of learning something new.