Momence Notifications

Pre-Program Mixer

Orientation: Monday 23rd

48 hours prior

Hi {{first_name}},
We're so excited to have you for {{session_name}} at {time}.
What to expect
- Set up digital access
- Receive Program Journal
- Walkthrough Program overview
- Learn about upcoming events & booking
- Jim to introduce a new Stillness technique

Logistics
- Address: 1041 Abbot Kinney Blvd., Venice, LA, 90291
- Parking: we have limited on-site parking
- Laptop / Tablet: please bring your preferred viewing device for the online modules

Please reply to this email if you have any questions.
Still here,
Still Life

1 day prior

Hello {{first_name}} 👋, We're excited to have you at Still Life tomorrow, {time} for your orientation to the Program! Don't forget your laptop / tablet! Please arrive 10 mins prior to the start of the event, we have limited parking on-site.
Address: 1041 Abbot Kinney Blvd Venice, LA, 90291 Still here, Still Life...

Watch Values Modules

Order - Live Tile

Chapter 1: {{section.name}} is now available
Hi {{member.first_name}},
The {{section.name}} online modules are now available to you in {{space.name}}.
Please follow this link:
{{first_lesson_in_section.link}} and watch all of the content prior to your upcoming workshop as the exercises covered in the videos will be practiced in person.
It is broken up into 5x modules:
1. Values Overview (25 min)
2. Feeling Values (20 min)
3. Types of Values (5 min)
4. Conflict of Values (47 min)
5. Values Hierarchy (11 min)

Then, be sure to complete your quiz before your workshop!
Viewing Tips
- For the optimal viewing experience, we recommend the following:
- Find someplace comfortable
- Limit distractions (e.g. your phone)
- Make sure you have water nearby
- Have your journal and a pen ready to take notes
- Use headphones or earbuds!

Please reach out if you have any difficulties viewing the content or questions in general. Enjoy!.
Still here,...

Values Workshop

48 hours prior

Values: Workshop Prep
Hi {{first_name}},
We're excited to have you back soon for your Values workshop. Please ensure that you have watched all of the modules beforehand as the workshop content is heavily dependent on this.
Below is an outline for what to expect in your workshop!
Agenda
1. Get Still
2. Review the Decision Ladder
3. Practice the Decision Ladder
4. Review the Values Hierarchy
5. Get Still
6. Pair up and elicit each other's Values
7. Q&A / cohort hangout

Looking forward to seeing you again so soon!
Still here,
Still Life
P.S. Remember to use your journal to help guide you through the content

2 hours prior

Hi {{first_name}}, Still Life here! Friendly reminid that your Values Workshop will begin in 2 hours. Looking forward to seeing you soon. 🙌

120 mins after

Values Workshop: Follow-Up
Hi {{first_name}},
Thank you for attending your workshop today!
You are now entering the Reflection Phase of this month. To help you fully embrace the core principles and experience the positive impact on your behavior, we've laid out a combination of sentence completion stems and free-form pages in your journal. If you run out of space, there are extra decision ladders / hierarchy templates extra journalling pages found in the appendix.
Please engage with your discussion board if you want to find a buddy within your cohort to elicit your values or discuss the content further.
Still here,
Still Life
P.S. please reply to this email if you have any questions

Values Forum

48 hours prior

Values Forum Prep
Hi {{first_name}},
We're excited to see you for your upcoming Values Forum!
What to expect:
- Small group discussion followed by a Q&A with Jim around Values and your experience these past few weeks

Please use your journal to note any experiences, insights and questions you have and may want to share with your group!
Looking forward to seeing you again soon.
Still here,
Still Life

2 hours prior

Hi 👋, Still Life here! A friendly reminder that your Values Forum will begin in two hours. See you soon!

Watch Communication Modules

Order - Live Tile

Chapter 2: {{section.name}} is now available
Hi {{member.first_name}},
The {{section.name}} online modules are now available to you in {{space.name}}.
Please follow this link:
{{first_lesson_in_section.link}} and watch all of the content prior to your upcoming workshop as the exercises covered in the videos will be practiced in person.
It is broken up into 8x modules:
1. Communication Overview
2. Model of Communication
3. Feedback
4. Obstacles
5. Motive, meaning, medium
6. Prepping Your Communication
7. Two Ears, One Mouth
8. The Bubble

Then, be sure to complete your quiz before your workshop!
Viewing Tips
- For the optimal viewing experience, we recommend the following:
- Find someplace comfortable
- Limit distractions (e.g. your phone)
- Make sure you have water nearby
- Have your journal and a pen ready to take notes
- Use headphones or earbuds!

Please reach out if you have any difficulties viewing the content or questions in general. Enjoy!.
Still here,
{{community.name}}

Attend Communication Workshop

48 hours prior

Communication: Workshop Prep
Hi {{first_name}},
We're excited to have you back for your Communication workshop. Please ensure that you have watched all of the modules beforehand as the workshop content is heavily dependent on this.
Below is an outline for what to expect in your workshop.
Agenda
1. Get Still
2. Review Two Ears, One Mouth
3. Pair up and practice Two Ears, One Mouth
4. Review the Communication Bubble
5. Get Still
6. Pair up for a dyad
7. Q&A / cohort hangout

Looking forward to having you back!
Still here,
Still Life

2 hours prior

Hi {{first_name}}, Still Life here! Friendly reminid that your Values Workshop will begin in 2 hours. Looking forward to seeing you soon. 🙌

120 mins after

Communication Workshop: Follow-up
Hi {{first_name}},
Thank you for attending your workshop today.
You are now entering the Reflection Phase of this month. To help you fully embrace the core principles and experience the positive impact on your communication, we've laid out a combination of sentence completion stems and free-form pages in your journal.
Please engage with your discussion board if you want to find a buddy within your cohort to practice the techniques covered or discuss the content further.
Still here,
Still Life

Attend Communication Forum

48 hours prior

Communication: Forum Prep
Hi {{first_name}},
We're excited to see you for your upcoming Communication Forum!
What to expect:
- Small group discussion followed by a Q&A with Jim around Communication and your experience these past few weeks

Please use your journal to note any experiences, insights and questions you have and may want to share with your group!
Still here,
Still Life

2 hours prior

Hi 👋, Still Life here! A friendly reminder that your Communication Forum will begin in two hours. See you soon!

Watch Relationships Modules

Order - Live Tile

Chapter 3: {{section.name}} is now available
Hi {{member.first_name}},
The {{section.name}} online modules are now available to you in {{space.name}}.
Please follow this link:
{{first_lesson_in_section.link}} and watch all of the content prior to your upcoming workshop as the exercises covered in the videos will be practiced in person.
It is broken up into 10x modules:
1. Fantasies
2. The Ring Principle
3. Using the Ring Principle
4. The first two pillars of a Relationship
5. States and Parts
6. The third pillar
7. State and Part Calibration
8. Sympathy, Empathy & Compassion
9. Dopamine & Serotonin
10. The Compassion Dyad

Then, be sure to complete your quiz before your workshop!
Viewing Tips
- For the optimal viewing experience, we recommend the following:
- Find someplace comfortable
- Limit distractions (e.g. your phone)
- Make sure you have water nearby
- Have your journal and a pen ready to take notes
- Use headphones or earbuds!

Please reach out if you have any difficulties viewing the content or questions in general. Enjoy!.
Still here,
{{community.name}}

Attend Relationships Workshop

48 hours prior

Email:
Hi {{first_name}},
We're excited to have you back for your Relationships workshop. Please ensure that you have watched all of the modules beforehand as the workshop content is heavily dependent on this.
Below is an outline for what to expect.
Agenda
1. Get Still
2. Review the State & Part Calibration
3. Pair up and practice the State & Part Calibration
4. Get Still
5. Practice the Love Bomb technique
6. Pair up and practice the Compassion Dyad
7. Q&A / cohort hangout

Looking forward to having you back!
Still here,
Still Life

2 hours prior

Hi {{first_name}}, Still Life here! Friendly reminid that your Relationships Workshop will begin in 2 hours. Looking forward to seeing you soon. 🙌

120 mins after

Relationships Workshop: Follow-Up
Hi {{first_name}},
Thank you for attending your workshop today.
You are now entering the Reflection Phase of this month. To help you fully embrace the core principles and experience the positive impact on your relationships, we've laid out a combination of sentence completion stems and free-form pages in your journal.
Please engage with your discussion board if you want to find a buddy within your cohort to practice the techniques covered or discuss the content further.
Still here,
Still Life

Attend Relationships Forum

48 hours prior

Relationships: Forum Prep
Email:
Hi {{first_name}},
We're excited to see you for your upcoming Relationships Forum!
What to expect:
- Small group discussion followed by a Q&A with Jim around Relationships and your experience these past few weeks

Please use your journal to note any experiences, insights and questions you have and may want to share with your group!
Looking forward to seeing you again soon.
Still here,
Still Life

2 hours prior

Hi 👋, Still Life here! A friendly reminder that your Relationships Forum will begin in two hours. See you soon!

120 mins after

Email:
Program Graduation!!

Dear {{first_name}},
Congratulations on completing the Still Life program! This is a significant achievement and we want to recognize the hard work and dedication you put into it all.
We hope that the knowledge and skills you have gained will prove useful in your journey to come. Remember, the beauty of Stillness is that there is always something new to learn and explore.
In celebration of your accomplishment, we would like to invite you to a graduation dinner with all the program participants. It will be a wonderful opportunity to share your experiences and celebrate together.
We are hosting a dinner to celebrate on Friday April 5th at 6:30. Please confirm attendance here! Cocktail attire.
Once again, congratulations on your accomplishment. We look forward to seeing where your mind, Still, takes you next.
Still here,
Still Life

2 days after

Hi {{first_name}} 👋 just a friendly reminder to sign up for the Graduation Dinner, Friday the 5th of April if you're available!
Hopefully see you th...

Graduation

Pre-Graduation Hours triggers

Email: Graduation
48 hours in advance
- Hi {{first_name}},
- Congrats again on completing the Still Life Program!
- This email is just a friendly reminder that the Graduation Dinner is this Friday, April 5th at 6:30pm! Cocktail attire at Still Life.
- Still here,
- Still Life

SMS: reminder
2 hours prior
Hi 👋, Still Life here! A friendly reminder that Graduation Dinner will begin in two hours. See you soon!

TRIGGER: Post Office Graduation trigger

Still Life Membership
- Momence link to buy membership
- Tag change