

## **WELCOME TO CAYUGA FORUM WE HOPE YOU JOIN US!**

### **THE BASICS:**

Cayuga Forum is a peer coaching network for entrepreneurial alumni hosted by Entrepreneurship at Cornell that offers monthly small group, facilitated, alumni-to-alumni engagement.

Each member is placed into a group of 8 people (a "Pod") who form lasting relationships to foster personal and business interests.

Pods meet virtually. Members are typically in the same time zone, but geographically diverse. Session times are set in advance for the year.

Once we scale, we will host Cayuga Forum Networks events!

Membership is only \$500 per year!



### **WHY YOU SHOULD JOIN:**

- At its core, the Cayuga Forum program fosters entrepreneurial alumni helping each other achieve their work and life goals through peer coaching networks
- Alumni engaging with alumni to expand a thriving entrepreneurial community
- Build new lasting and meaningful relationships that stimulate personal and professional interests
- Your Pod is a confidential resource that you can rely on unconditionally
- Learn, explore and enrich yourself through new connections and stimulating conversations
- Obtain professional, business, and life growth through consistent peer support
- Relationships for life, sharing for life!
- Build your community! Encourage others! Breakthrough!

### **HOW TO JOIN:**



- Each Cayuga Forum member applies. Here is the [link](#).
- Annual donation amount for a full year of Cayuga Forum participation is \$500 (with the year being measured from the date of your Pod's first session). The donation is paid to Cornell and counts 100% as a Cornell gift. Here is donation link[[hyperlink](#)]
- Entrepreneurship at Cornell uses all member gift proceeds to run the Cayuga Forum program and additional Entrepreneurship at Cornell activities.
- Our initial Cayuga Forum program launch will be 10 Pods (80 members), and then we will scale from there to our goal of having 200+ Pods!

## CAYUGA FORUM POD MECHANICS:

- Entrepreneurship at Cornell staff creates the Cayuga Forum Pods. Our goal is to create Pods with members across generations, family status, and industries to expand the scope of wisdom and life experiences members share.
- Two volunteer co-leaders (who are also Pod members) lead Pod sessions based on thoughtfully curated agendas. Co-leaders also handle minimal logistical work between meetings.
- All co-leaders are fully trained by our third party dedicated facilitator and also receive a co-leader guidebook.
- All Pod first sessions are run by our dedicated facilitator.
- All co-leaders get additional training and follow up after the first and second Pod sessions.
- Six official Pod sessions a year on a set schedule (every other month), with less formal coffee chats on the off months. Pod sessions are approximately 90 minutes long and coffee chats are approximately 30 minutes long. We ask that you commit to making all of the 90 minute sessions to ensure that Pod members develop deep trust and understanding of one another.
- Pod members will ideally remain consistent with new members only joining an existing Pod due to member attrition.
- Each Pod operates under a Cayuga Forum Pod Constitution.

## SAMPLE POD MEETING AGENDA:

*Open* (5 minutes): Co-leaders review ground rules and purpose

*Designed Check-ins* (15 minutes): focused on celebrations, challenges, and any asks

*Curated Breakouts* (15 minutes): designed to build connection, self-awareness, and growth

*Deep dive* (45 minutes): discussion on topics selected by the Pod

*Close* (10 minutes): Pod members share key learnings and commitments to action

## SAMPLE POD ANNUAL SCHEDULE:

- **September:** Orientation session for co-leaders (one group training session for all co-leaders)
- **October:** Each Pod holds Session #1 (run by our dedicated facilitator)
- **November:** Each Pod holds informal coffee chat; and co-leader training session (two trainings, 10 Pod co-leaders per training)
- **December:** Each Pod holds Session #2 (facilitated by Pod co-leaders)
- **January:** Each Pod holds informal coffee chat; and co-leader training session (10 trainings, 2 Pod co-leaders per training)
- **February:** Each Pod holds Session #3 (facilitated by Pod co-leaders)
- **March:** Each Pod holds informal coffee chat
- **April:** Each Pod holds Session #4 (facilitated by Pod co-leaders)
- **May:** Each Pod holds informal coffee chat
- **June:** Each Pod holds Session #5 (facilitated by Pod co-leaders)
- **July:** Each Pod holds informal coffee chat
- **Aug/Sept:** Each Pod holds Session #6 (facilitated by Pod co-leaders)

**Have questions? Contact Peter Cortle at [jpk47@cornell.edu](mailto:jpk47@cornell.edu)**

**CAYUGA FORUM MEMBERSHIP APPLICATION [LINK](#)**

**CAYUGA FORUM DONATION [LINK](#)**

**[ESHIP.CORNELL.EDU](http://ESHIP.CORNELL.EDU)**