

RESTORING RESOURCEFULNESS PROGRAM GUIDE

Facilitator Guide

Before the Session: Prepare to Facilitate Our Tools and Practices

In preparation, please read this document, and review all six of the video modules [here](#). Allow time for yourself to move through, experience and integrate each module's practices.

- How well do I know and understand these skills/practices?
- Am I committed to continuously practicing and playing with these skills?
- Have I embodied these practices and skills?
- How is my practice of these skills deepening my own learning and experience?

Once you feel that you have embodied the skills you are ready to facilitate individuals, organizations, and communities.

Organizing your presentation by content and time:

- The facilitator plans their presentation and exercises based on the content defined by the module outline. Modules are available online [here](#). The specific times spent on introduction, content and exercises is negotiated by the facilitator or facilitation team within the overall time allotted.
- Establish the presentation using Concept- Example- Concept (Con-Ex-Con). The handout is available at the end of this document.
- The facilitator paces content, experiences, and time by looping with participants.

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Prepare yourself before participants arrive

- Arrive early having practiced the module(s) you are presenting.
- Attend to your creature comforts e.g., water, snacks, a comfy place to sit/stand where you can move with ease and have eye contact with participants.
- Make sure technology is working and there is sufficient lighting if online (Have adequate lighting in front of your face).
- If the session is in person, arrange seating in a circle, and have materials (charts etc.) prepared and available.
- Know where restrooms are so you can tell participants where they are located.

Ground yourself in the learning space

Ask yourself, “Am I present or is my awareness somewhere else?” If you notice you are not present, here are some ways to ground yourself:

- Take three connected breaths.
- Say something that you notice is occurring in your body e.g., my stomach is tight.
- Shift your current posture.
- Generate an appreciation.
- Remind yourself to continuously use the Loop of Awareness
- Commit to having a good time!

During the Session: Create the Container

Welcome:

Introduce yourself and the Foundation for Conscious Living Restoring Resourcefulness Program where these materials were created.

Establish a connection:

Invite the participants to presence through breath or bodifying:

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- Let's all take a moment to look around the room, connect with others around you.
- Let's all take three conscious breaths with each other.
- Presence how you feel e.g. (I feel so much more connected with you now)
- I invite you all throughout this session to check in with yourself, ie, notice your breath, and then notice someone in the space around you.

Agreements:

- Tell participants the agenda for the presentation. (People's nervous systems often relax once they hear what is going to happen and how the time will be spent).
- Share any agreements you want to make with the group:
 - Request that video be turned on if the course is online to get the most out of this experience/training.
 - Request that participants' attention be in the room with their fellow participants (Please no side conversations in the chat).
 - Request how you want to receive questions from participants during the presentation.

Establish a learning contract:

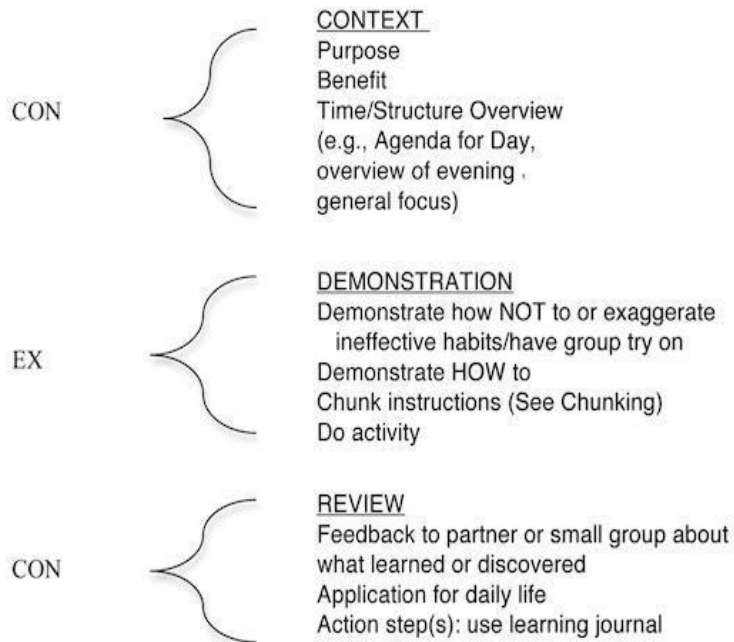
Ask participants to bodify their responses and verbalize their full body yes.

- Are you willing to play?
- Are you willing to learn and discover together?

CON EX CON: (Page 56 in the 2021 Body Intelligence Advanced Course Manual).

(continued on the next page)

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CHUNKING OUTLINE

Action:

"Please find a partner."

"Please find a group of ___ (4) ___."

Pause until action settles.

"Anyone NOT have a partner?"

Pause and handle any partner issues.

"Decide ..."

who will be the first explorer and who the first facilitator."

who will start first."

Pause (for flurry of interaction.)

Reiterate instructions (See Con-Ex-Con Outline for Activities.)

"You'll have ___ minutes each.

I'll ring the bell and let you know when you have one minute to switch."

"Any questions?" Look around here and notice any nonverbal indications of questions, such as confused look or frown, held breath. Ask again, "Any questions?"

"Please go ahead."

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FOUNDATION FOR CONSCIOUS LIVING

www.foundationforconsciousliving.com



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Loop of Awareness

The purpose of Loop of Awareness is to free your attention so you can choose when and how you use this fundamental resource. Loop of Awareness is a practice which involves placing your attention on an experience of something inside yourself, such as body sensations, then placing your attention on a quality you notice of someone or something outside, then continuing to oscillate your attention in and out. Rather than your attention getting caught by distractions or compelling events, or getting stuck at one end of the in/out spectrum, you learn to choose where you place your attention and whether your focus is narrow or wide. For instance, noticing the quality of light in the room, then your breathing, then the movement of your partner's hand, then your posture and your partner's posture. Loop of Awareness refreshes energy, and is also a fundamental skill in facilitation.

Guidelines for sharing this material:

Our requests are:

- Please acknowledge the source: If you use a handout out of these materials, please be sure to include the website and other footnote material as it is produced so people can come to the source for more exploration.
- If you combine our processes with ones that you invent, please acknowledge in footnotes as follows: Developed in Collaboration with www.FoundationforConsciousLiving.com (and your website, if applicable).
- The whole world of digital, electronic/social media and video communication has sprung up and evolved during the span of our work. If you use our content (e.g, Fear Melters®, F.A.C.T. etc.) in your videos or social media, please acknowledge the source in the video content itself and the end credits.
- Fear Melters® are trademarked now in order to give some consistent clarity and form to the new programs we are developing through our Foundation. You are welcome to share this material, and our request is that you use the trademark and share materials as they appear in print, video or other media. You can follow the development of the modules here: [http:// foundationforconsciousliving.com/](http://foundationforconsciousliving.com/)