

# RESTORING RESOURCEFULNESS PROGRAM GUIDE

## Facilitator Guide

### Preparing to Facilitate Our Tools and Practices

Before you begin, please review all six of the video modules and this handbook. Allow time for yourself to move through and experience each module's practices.

Check in with:

- How clear are you on the skill?
- Have you practiced this skill?
- Do you have this skill in your head and body?

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

### Create the Container

Set the Context:

Welcome:

Invitation to presence through breath or bodifying

- 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 (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.

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Establish the purpose.

- Agenda/Purpose: People's nervous systems relax once they hear what is going to happen and how the time will be spent.

## Create a Contract

Time:

- As a facilitator I have planned out the time and what is most important to me is that the pace works for us as a group. The pace will be driven by you.

Agreements:

- Share any agreements you want to make with the group
- To get the most out of this experience/training, please have your video turned on.
- We request that your attention be in the room with your fellow participants.

Establish a learning contract:

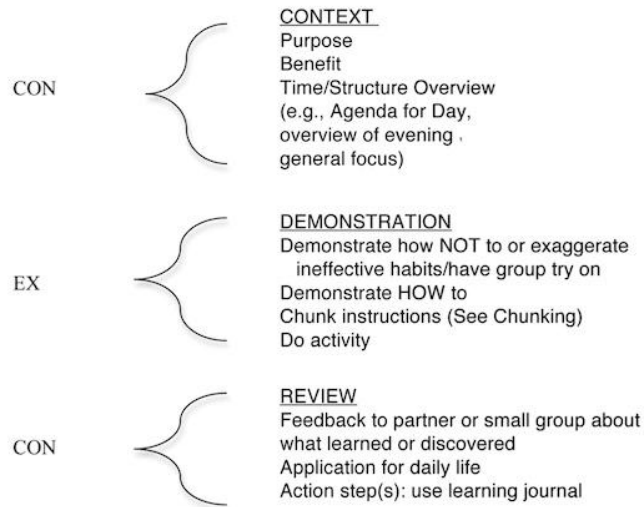
- Are you willing to play?
- Are you willing to learn and discover together?

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## Facilitation Practices

### Con-Ex-Con

Page 56 in the 2021 Body Intelligence Advanced Course Manual.



#### 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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## Before Each Session:

### Create Your Intentions

Intentions shape our actions. An intention creates the hub around which our actions can form. A conscious intention supports ease. Committing is a measurable step that brings our intentions to life. You may want to say the following commitments out loud.

- I commit to listen consciously.
- I commit to communicate and invite feedback with wonder and love.
- I lead and listen with appreciation.
- I commit to be of service.
- I commit to act with full integrity.

### Ground yourself in the learning space

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