



RESTORING RESOURCEFULNESS PROGRAM 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. Embody the skills first within yourself and then use them to facilitate presence and exploration with your client or group.

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.

Create 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.