

(PLEASE CREATE A COPY OF THIS DOCUMENT FOR YOURSELF WITH YOUR NAME IN THE TITLE.
DO NOT USE THIS ORIGINAL VERSION PLEASE.)

Come Play Facilitator Basics Training Workbook



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HANDBOOK - PAGE 6

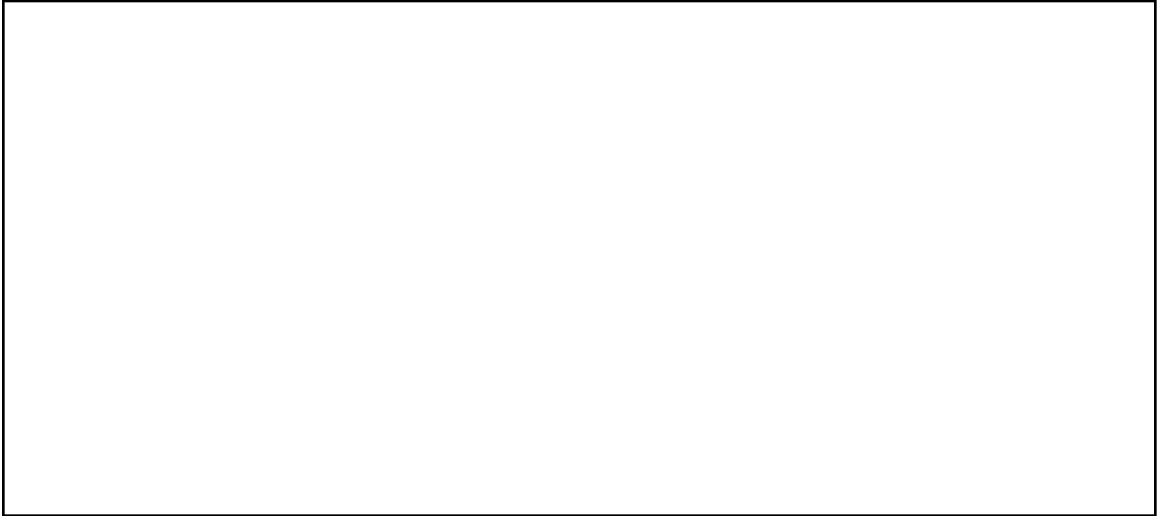
What is your brand's ethos?

What is your brand's mission?

What do you want people to get from your brand?

HANDBOOK - PAGE 9

What are your strengths as a facilitator?

A large, empty rectangular box with a thin black border, intended for the user to write their strengths as a facilitator.

What are your areas for growth as a facilitator?

A large, empty rectangular box with a thin black border, intended for the user to write their areas for growth as a facilitator.

HANDBOOK - PAGE 12 (+ a couple extra that aren't in the Handbook)

How do you prepare yourself physically, emotionally, mentally and spiritually to lead?

What is important for you to maintain in your daily life that supports you feeling prepared physically, emotionally, mentally and spiritually to lead?

What will you do right before class/session to prepare yourself physically, emotionally, mentally and spiritually to lead?

What do you and your participants need?

<u>PARTICIPANTS</u>	<u>FACILITATOR</u>

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What does your class/session flow look like?

Beginning:

Middle:

End:

Gratitude Practice

List 9 things right here, right now for which you are grateful.

Recommended dosage: Use Daily

- 1.**
- 2.**
- 3.**
- 4.**
- 5.**
- 6.**
- 7.**
- 8.**
- 9.**

What comes up for you around Perfectionism?

Let your perfectionist speak to you through free flow writing. Do not stop writing until this section is full. Then read what you wrote. You can also transcribe the conversation between yourself and your perfectionist.

Perfectionist:

You:

Perfectionist:

You:

Perfectionist:

You:

Etc...

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Ideas for “WARM UPS” at the beginning of your class/workshop/event:

1.

2.

3.

4.

5.

Etc...

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Ideas for creating a safe container at the beginning of your class/workshop/event:

Release any fears or worries here (free write for a few minutes)

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What strengths do I have as a facilitator?

Where is my room for growth?

Does Organization, Preparation and Forethought come naturally to me?

What are my habitual patterns with Timeliness & Time Management?

Do I do what I say I will do?

Do I do what I know is expected of me even when it's not said?

How can I be in the fun with my participants rather than being worried or in my head?

How can I welcome and include my participants?

How can I create a safe container?

Am I able to be articulate and concise when verbalizing concepts?

What other elements can I include to cover all types of learning styles?
(Visual, Auditory, and Kinesthetic?)

How can I translate a mind concept to a body concept?

How can I be fully present with my participants?

Additional ideas for Participant Success:

The Art of the Shit Sandwich

Practice 1

Compliment:

Critique:

Compliment:

Practice 2

Compliment:

Critique:

Compliment:

Practice 3

Compliment:

Critique:

Compliment:

HANDBOOK - PAGE 36

What are the 3 learning styles?

- 1.
- 2.
- 3.

Think of one thing you want your students to learn and write 3 ways to impart the information in the 3 learning styles.

Information:

- 1.
- 2.
- 3.

What can the breath tell you?

How can the breath help?

WHAT'S YOUR WORST FEAR WITH A PARTICIPANT?

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WHAT ANTIDOTES MIGHT PARTICIPANTS COME TO YOU FOR?

PROBLEM

ANTIDOTE

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Brilliant ideas on how to close your class/session/workshop/event?

Programs for your Future:

P3 - Play for Passion & Purpose: start your own Soul-led Business in 6 months or less

Purple Circle 101 Facilitation Training

Purple Circle 102 Facilitation Training

Self-Discovery Dive Training