

Facilitation Training, Class #4

Welcome: Lou and Bill

Class Participant (can choose meditation of their own)- Set Intent:

Think of the different types of listening you do. Listening to your friends, spouse, children, coworkers, teachers, and random people that you meet. Now think of the listening you do when you take a walk in nature, the hum of the insects, chirping of birds, the wind through the trees, or the roar of the ocean. Next, think of the listening you do figuratively, listening to your heart, listening to your better self, or to your inner demons, to your inner spiritual yearnings. And while those images play through your head, enjoy the spaciousness of one minute.

Silent meditation for one minute.

Personal intro/check-ins: Class Participant

Topic Intro: Class Participant- Today will be our first experience in facilitating an Empathy Cafe. The topic will be, What do you do when the Empathy Circle breaks down?, or whatever is foremost in your mind. How might referring back to the Core Values help the circle integrity? We might role play difficult situations.

Circle Experience: Participants facilitate the Empathy Circle Practice

Debrief: Bill/Lou- How was your experience, and how might it have changed your thoughts or feelings about facilitating? What worked in the training and what could be improved?