

Life Changing Courses

BUILD & LEAD SOUGHT AFTER PROGRAMS THAT CREATE GLOWING FANS

Some Tips To Consider As You Set Your Container

Always set the container and bring people into the container

- **Some ideas on How to start your program**
 - Grounding
 - Singing
 - Poem
 - Archetype Evocation
 - Welcome People!!!!
- **Set Expectations**
 - Be clear on expectations and protocols/best practices
 - Consider contracts for longer programs
- **Create Sacred Empowerment in the Container**

Here is one example of how I sometimes do this:

"I believe strongly that a diversity of voices and perspectives is what makes us stronger. It makes us stronger as humans and practitioners because it helps us practice checking our own stories and filters. It helps us practice seeing the work through other people's eyes and experiences. It enhances our ideas and adds layers. It makes everything richer.

So, all that being said, I want to acknowledge that I am a white, straight, cis-gendered able-bodied, somewhat neurotypical woman who has come from a somewhat stable family of origin. I also come from a Jewish background which, in my case, carries a lot of trauma. And so the way I see the world is only one way. And while I do talk a lot and have a lot to say and teach, I am thrilled that this space we are creating is comprised of different races, different gender identities, different backgrounds, and neurodiversity. I want this to be a space where many experiences and many perspectives are heard. As I said, your voice, your wisdom, and your perspective is very welcome and wanted here.

Also, because I am white, straight, cis-gendered, and able-bodied, I need to consistently locate myself in our conversations as a person who has a lot of proximity to power and privilege. And my commitment to you is that I check that as much as I can. And my request to you when you share in the group – voice-to-voice or through the chat – is that if you have a privilege, you check that as much as you can too. Think about how what you are saying will land on hearts that have had a different experience than you have. So that we keep the space as safe & nurturing as we can for everyone. We are all here, in this together, learning together how to be better to ourselves and everyone around us.

As we journey through our important work together over these months, I'm going to be asking you to hold a lot of nuance and complexity with me. I might share things that you completely disagree with. And there is space here for that. There's no expectation that you agree with anything that I say. This is a space for you to get curious about your truth."