

Life Changing Courses

BUILD & LEAD SOUGHT AFTER PROGRAMS THAT CREATE GLOWING FANS

Some Trauma Informed Facilitation Practices for Groups

Support Participants to Access their Own Agency

- In every interaction with your participants, you want to make sure you are creating a space where you are supporting your clients to Access their Own Agency

When Clients Are Connected to their Agency:

- Empowered in their choices
- Empowered to have their own opinion
- Empowered in their actions
- Empowered to trust themselves
- Clients understand that you (the practitioner) do not have any power over them
- Clients understand that your opinions, ideas, thoughts are not more important, smarter, better, or preferable to theirs

Be Mindful of Pacing

- What is the aligned strategy and execution pace for the curriculum and the group?
- At what pace do you want to move through exercises, ideas, shares, and processes?

Create Strong Containers

- Rules, Agreements, Expectations. Maintaining Boundaries.
- How you are holding the container energetically (including being aware of your own triggers)
- Your rapport with your client and the group. Trust. Trustworthiness is HUGE.
- Transparency

Consent & Getting Permission:

- Do not:
 - Touch body without asking for any exercises
 - Say things like, “You MUST do this, this way...”
 - “I went ahead and did an energy check on you....”
 - Even something like, “Close your eyes” (vs., close your eyes or if you don’t feel comfortable with that, close the shades on your eyes)
 - Can you hang on the line for another 15 minutes? I’ve got the time (vs. just going longer without getting consent first)

Be aware of the FEELING questions you ask

- There are some feeling questions you want to avoid: Any variation of “How did it feel in your body when X (trauma) happened?”

Remember the right to privacy: Do you want to tell me more about that?

- Be mindful to not pry or shame your client