

PYE Third Thursday Assembly
October 19, 2017

*[Nadia Chaney](#)

Dear 3rd Thursday Assemblers! Welcome back, or, if it's your first time WELCOME! This is an exciting format we have been developing where people contribute and discuss a niche aspect of group facilitation.

Below you will find: A Check-in Question (please answer!); Goals and Agreements for today's session (hit "like" to agree to uphold these agreements during the session); 6 discussion questions (posted approximately every ten minutes; answer in any order --- normally we would have case studies but the DEVELOPING YOUR STYLE SERIES doesn't require them). I will be facilitating this experience for 90 minutes. There will be a pdf transcript posted at on our website in a short while. These transcripts are so great we're thinking of making a book out of them!

This month we will have our second in a series of discussions on Personal Style, this one is called Facilitation and the Inner Life

"Self is a sea boundless and measureless."
— Kahlil Gibran, The Prophet

As facilitators, we are often working very hard to learn techniques, remember plans, connect with participants, support co-facilitators, placate funders and generally be on top of everything. Last month, we took time to pause and think about the aspect of BEING in facilitation, rather than DOING. This month we're going to go even deeper and look at if, how and when our inner lives affect our facilitation style.

One of my very favorite words is one that you can't really find in a dictionary. (It comes from literary theory.) It's the word "imaginary" but used as a noun. So, instead of saying "a purple giraffe is imaginary" I'm thinking more of saying: what is your personal imaginary? I think of it as a ...place. Like an orchard, or a garden, or an ocean. A collective picture of what makes your insides uniquely yours. It's the creative and symbolic system of the self. It's your inner life.



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Maybe it has to do with structures: do you believe in heaven and hell, or karma and dharma? Maybe it has to do with the senses: are you reminded of people by scent, sight or sound? Maybe its characters, or images, or songs, or books, or dreams. It could be feelings, beliefs, or wounds that you carry. Memories of your ancestors. The names you chose for your children, pets or creative projects. Your values. Your intentions. Your hope. Each person has this vast, limitless and infinitesimally nuanced collection of what makes them, them.

Today we're going to look at a few aspects of our individual imaginaries, and our collective imaginary and see how they relate to our facilitation practice.

***[Nadia Chaney](#)**

Goals and Agreements for this session on Oct 19 2017

- 1) To deepen our appreciation for our personal facilitation style
- 2) To name and identify some aspects of our inner lives
- 3) To appreciate each other and learn from each other's strengths
- 4) To increase self-confidence
- 5) To have meaningful fun online!

In order to achieve these, here are some suggestions for COMMUNITY AGREEMENTS to make our time together flow really well. Be sure to add what you need or want AT ANY TIME DURING THE PROCESS. Let the group know or privately message the facilitator if you are concerned that an agreement is being broken.

- 1) No put downs of self or others. Keep a positive, lift-up vibe. If the facilitator finds your comments aggressive or inappropriate in any way you will receive a personal message.



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- 2) Be willing to entertain simultaneous truths. Rather than proving a point, try to listen to understand, and be willing to agree to disagree. At the same time, if you have a strong belief be willing to stand up for it. This will make our conversations rich!
- 3) Show your presence, by **LIKING** and by responding to keep the flow. Ask questions, make comments, connect. The technical trick for this format is to **REFRESH** your browser fairly often. The questions move around depending on how many people are answering, so please scan the whole page for new questions now and then.
- 4) Maintain **CONFIDENTIALITY** by not sharing names or personal information about the participants in your groups, sharing from your own perspective, and asking permission before sharing someone else's story. Remember this is a public forum.
- 5) Answer any questions in the **COMMENTS** below the question to keep the conversation organized and readable. Only open **NEW** questions in new threads.
- 6) You can come and go as you please, take as long as you like to respond, and basically enjoy the text-format to make this work no matter whether you are just waking up, just going to bed, or on your lunch break (time zones unite!!) A pdf transcript of the conversation will be provided. Feel free to continue the conversation even after the 90 minute period has ended.



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Check-in Question for Oct 19 2017: Share one line from a nursery rhyme or children's song that you remember. (The first one that comes to mind) How does that line relate (or not) to how you are feeling today?

[Deb Reynolds](#) Not a rhyme, nor a song.... but what comes to mind is, "trip, trap, trip, trap."
"Who's that walking over my bridge?!!"
"Tis I. The smallest billy goat gruff."

I'm feeling small and compressed today, carrying pain and fatigue in my body.

[Nadia Chaney](#) Welcome Deb. Thanks for joining us even when not feeling 100%

[Deb Reynolds](#) Thanks. Can't stay for long, but will pop back in later.

[Nadia Chaney](#) Deb Reynolds that's perfect. People always come and go during the 90mins. I just posted the first discussion question

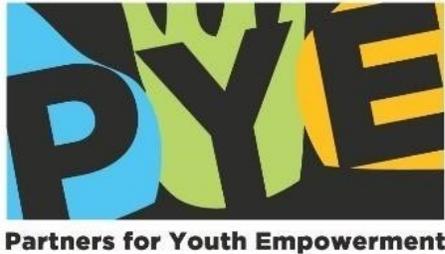
[Nilisha Mohapatra](#) 'My Bonnie lives over the ocean.' It's a Beatles song, but we sang it a lot in my pre-school! It relates to me pretty deeply today - it's festive season back home, a time for family and celebrations. And mine live over the ocean 😊

[Nadia Chaney](#) Hi Nil, lovely to see you! Thanks for sharing that. Must be hard to be away for Diwali time ❤️

[Nilisha Mohapatra](#) Hi Nadia ❤️ Happy Diwali to You 😊 Thank you for acknowledging the expanse of my life! And I am amazed at how intuitive your questions are.

[Kim Aldridge](#) " & they all go marching down on the ground to get out of the rain "... ants go marching ? I'm in bed at home sick ..so yes I'm glad to be out of the rain !

[Nadia Chaney](#) Welcome Kim! Sorry to hear you aren't well. Thanks for joining us!



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[Pamela Schuller](#) Hickory Dickory Dock, Three mice ran up the clock. I just came back from couples counselling and I feel like I went up out on limb with expressing myself which was so good and I am wondering if I will go back down the clock....a reaction. I think it is about trust for me right now.

[Nadia Chaney](#) Welcome Pamela!

[Pamela Schuller](#) 😊😊

[Katie Ormiston](#) I want to write the lyrics to a song my grandpa used to sing about going home with a headache. Originally written for drinkers, not children, but I can't find the tune in my head right now. I'm on a second day with a headache and not at home. 😊

[Nadia Chaney](#) Welcome, Katie!

[Michael Beebe](#) One of my daughter's favorite books is Pajama time, pajama to the left, pajama to the right, PJ....the rain is settling in for the fall/winter here in Seattle and the days are getting shorter and nothing sounds more appealing than sleeping in late, reading in bed!

[Nadia Chaney](#) Welcome back Michael!

[Dan Peters](#) "twinkle, twinkle, little star, how i wonder what you are?" The stars and planets have been large in my focus recently. both in my music and my general day to day.

[Nadia Chaney](#) Hi Dan! So great to see you here!

[Dan Peters](#) Nadia Chaney 😊 happy to be here!

[Xoli Fuyani](#) Imvula Imvula capha capha imanzi ilokhwe yam...
Basically meaning. "Rain rain... showering down, my dress is wet" hmm I feel quite inspired... rain could symbolise the project ideas pouring in my head and my body is been filled up

[Nadia Chaney](#) Xoli!! Happy to see you



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[Sola Story](#) Once upon a time! Perfect as I'm waiting to talk about storytelling collaboration with a Kora player.

[Nadia Chaney](#) So nice to see you dear Sola

[Sola Story](#) Hashima Beloved Nadia 😊

[Sunshine Turner](#) Collab with KORA? When? Where? Must see!

[Sola Story](#) In Stroud!



[Sunshine Turner](#) "Don't step on the cracks or you'll fall and break your back" Day before I leave SA to come back home, feeling cautious and considering my movements for the day..

*[Nadia Chaney](#)

Discussion Question #1: What is one big dream you have for your community? (Your community could be your family, the place you live, the people you belong to, the whole world --- it doesn't matter) How and when does this dream influence your facilitation style?



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[Nadia Chaney](#) My dream is that freedom of thought and being are always reinvented and reimagined and that my community of visionary artists and changemakers don't get stuck in one way of thinking and holding space. For me, that affects my facilitation by making me always wondering if things I do are "still true" and also gives me a strong tendency towards nonsense and the surreal

[Deb Reynolds](#) This feels like a big dream, not in terms of something tangible, but in terms of relationships: that people in my community (myself included) have the courage to ask for what they need, to risk having difficult conversations, and to not have to agree, yet be able to work together in harmony (holding tension of the opposites). In terms of my style: I'm pretty comfortable with not needing to know an outcome; of taking things slowly, yet paying attention to what is alive; and speaking clearly about my need for clarity and clean relationship.

[Katie Ormiston](#) My dream is for my community to feel connected outside the realm of social status and on a more spiritual plane, but in a non-intimidating and atheist friendly way.

[Nadia Chaney](#) That's so beautiful Katie! How do you see this in your facilitation style?

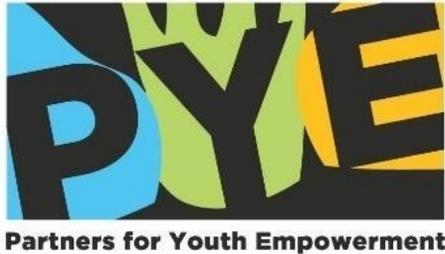
[Katie Ormiston](#) The most successful way I see it is at our Christmas parties where I ask everyone to hold hands before midnight supper. I sing a song I wrote about death and people join in as they learn it. Holding hands like this has come a cherished tradition.

[Michael Beebe](#) Rich deep friendships across race, class, gender, sexual orientation, age, abilities. As for my facilitation style, I have a lot of privilege as a cisgendered heterosexual middle class able bodied white male. I think it's critical I stay conscious of those privileges so that I can open up space for those that are often left out of the conversation.

[Dan Peters](#) learning to communicate with empathy and non-judgment. for people to listen to each other.

[Dan Peters](#) in terms of influencing my facilitation style, one thing I do it is try to model language and listening skills that identify where our judgments come in. I try and use questions to help youth explore the language they use or statements / demands they may have just made of the group without being aware of it. and giving lots of opportunities for voices to come in to the room and modeling attentive listening to peers.

[Xoli Fuyani](#) My dream is to inspire people to dismantle the poverty mentality... so they can uncage themselves and seek freedom. Very big and scary!!! I use a lot of imagination and



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visioning in my work 'shifting perspective' and questioning the reality vs possibilities'. I also use myself as a vehicle 'sharing my life story

[Nicky Wilks](#) That we move toward and experience a "gift economy" where we share the fruits of our innate genius not with expectations about receiving anything in return but because it is our purpose.

[Pamela Schuller](#) I must be getting bold as I grow old to engage in a public forum with my deams with people unseen. My dream is to help give voice communities to the challenges and the joys of living through engagement with the arts. I would like to see cafes or down town lunch nooks story sharing sessions, or in schools an inviting spot set aside where children come and tell a story of their life maybe at recess.. IN the naming and sharing of stories we connect, open and grow strong. I want to facilitate great boisterous beautiful mask parades that celebrate our personal and collective light and show our shadows aspects (brought into the light) I would like our elected government and officials to explore simple art process as part of their decision-making process or for building healthy relationship with other politicians and the public. My most far out dream is that people running for election in the government would make a shadow mask before election day. I believe showing our shadow takes great vulnerability, strength and courage and that is who the public would know who is worthy of our trust in their leadership. Best shadow mask win the vote! LOL. Growing love. connection and courage through the arts. Yes!

[Nadia Chaney](#) WOW thanks for sharing your big dream Pamela!

[Pamela Schuller](#) Thank you. I made my spelling corrections up top.

[Nadia Chaney](#) Pamela Schuller I thought you were being poetic

[Pamela Schuller](#) Ha HA

[Sola Story](#) My dream is to alleviate the suffering of others by using innovative and creative techniques to foster inspirational and therapeutic communication. Common = we Unity = together.

[Sunshine Turner](#) Wow! Your dreams are so inspiring. One dream for people in my community is for them to connect more to their creative power to play and create joyfulness. I seek to find the fun in my facilitation.



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Discussion Question #2: What is one thing you most deeply hope will NEVER happen when you are facilitating? Describe it with some sensory words or metaphors (sight, sound, smell, taste, touch). How does this fear affect your facilitation style and choices?

[Kim Aldridge](#) I feel like a version of this fear happened recently to me..could be also I just had a related recurring dream about the topic (not being able to get my gear on in time to feel prepared for a big sports game) but if I'm really honest it's sort of about losing 'control' of the group but in the way where you feel like you just faded into the background ..specifically if someone is dominating others and you all of a sudden can't find the words or presence or creativity to acknowledge this and shift the energy. It's like you are moving in slow motion and are getting smaller and are stuck to the wall as the group descends into a place you don't know how to intervene in and they even lose sight of you..like losing credibility part way through

[Nadia Chaney](#) Thank you for being so open Kim! How does having this fear as part of your inner life affect the choices you make as a facilitator?

[Kim Aldridge](#) I think from that experience it made me think I just may not be a facilitator or may just be very very new at it. Or if I'm brave and keep trying it says that somehow I need more structure or group by in or something before I could be successful ...but as I type I realize I will never know these levels as anything can happen always ! I think it makes me passive and shy to try and address that delicate balance of honestly intervening..instead I think I can tend to just avoid the conflict

[Nadia Chaney](#) Thank you Kim! That's exactly why I wanted to open up this conversation! I think we are all contained and directed by our inner lives in this way. Check out question 3...I'd be interested to see if it brings out another thread for you

[Meharoon Ghani](#) Fear - me not being heard (a deep rooted fear I've always had and experienced since I was a child). Happened recently when after an activity I facilitated all folks became so excited (once they opened their eyes and were allowed to speak), they all began speaking, talking



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over each other, and were laughing filled with joy and reflection. I was overjoyed to see their joy, but I suddenly felt panic - like I was losing the crowd, they didn't hear my co-facilitator (who tends to have a softer approach than myself) or me. My fear was taking on my "dominant" voice (because I've had past deep rooted fear of not being heard, I tend to become louder). I parked my insecurity and the feeling that I was drowning in a room and feeling stifled... and my internal chatter said - 'you're the teacher' - I used my teacher voice and asked all to take a seat, and then validated the excitement and chatter and proceeded with the questions I had...

[Nadia Chaney](#) Hi Meharoona! Thanks so much for sharing this. It's great to hear how we can relate and interact with our own inner lives, too

[Meharoona Ghani](#) You're welcome. I happen to be home heading to facilitate a diversity workshop in a couple of hours so luckily could tune in with you!!! Thank you for this open inclusive platform of engagement.

[Michael Beebe](#) Well it sucks when someone walks out of a training due to being pissed off, upset. It's happened before. It doesn't feel good. It was a training on challenging racism and one of the white participants I think just felt too stretched when we were leading a piece on intervening when micro aggressions take place.

[Nadia Chaney](#) Thank you Michael! Are there specific things you find yourself doing or certain choices you might be making so that this doesn't happen?

[Michael Beebe](#) In this particular case, I am not sure we could have done anything better but when leading these workshops, working agreements are so critical and also for everyone to have time to self reflect on their own experience. We usually do quite a bit of lead in before we jump into higher risk topics

[Michael Beebe](#) Also I think it helps to frame for white folks that we individually didn't create the racist structures we live in but we do have a responsibility to inform, engage, advocate. I think this woman was taking too much on emotionally as far as guilt or shame about it.

[Meharoona Ghani](#) I'm not sure if it's a fear - but it's a reality and kind of "fear" like - in one of my own facilitated workshops I do is through a personal story - I come in wearing my hijab (head scarf) and then remove it and tell a story around all this and how I was exploring to wear it and then decided not to. I discuss the intersectional layers of my identity - Muslim, south Asian, Canadian-born, woman, disabled, etc. etc. Basically, I use myself as the "object" or example to



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facilitate a discussion around all these intersections because I believe it's through my personal story that connection and learning can happen. I feel one day that I will be challenged by a person of colour, muslim, woman wearing hijab who may possibly challenge my spiritual beliefs... I have been "judged" before in my faith identity... which is why I've moved away from being part of any ONE community....BUT - I am speaking about an aspect of identity related to faith.... sooooo being challenged on this is something on my mind... and have been doing self-reflection on what it will mean to me and how I will respond....

[Meharoon Ghani](#) Upon reflection - the fear is that I continually make myself extremely vulnerable because I believe sooooo much that is the path to make change... if I'm vulnerable by example then others may or may not think. I've decided on this path. and yes it's scary. and yes I've pushed it away.... and I do get asked in my sessions on how I do it...and then I reveal more on the why. it's been very powerful and the result is folks revealing their fears and vulnerabilities around differences. I have given permission to folks to say what ever they want... but it is a scary place to be. I've chosen to do it though.

[Meharoon Ghani](#) so it means as a facilitator - i have been learning how to park my own triggers in order to have folks say what's truly on their minds and if I want to move forward in curiosity and understanding ... this means listening to those who do sound racist/discriminatory - within the safe space guidelines I've created everyone is respectful but revealing their truths then it means collectively all of us in the room finding solutions to get through this. ... but it is scary every time for me....

[Katie Ormiston](#) I fear not knowing what I'm unprepared for.

[Dan Peters](#) one of my triggers / fears is not being listened to and feeling inadequate as a facilitator. this can happen can when the container isn't safe enough for youth to engage (write music / songs) and they spin off in to off topic conversation / energy. this fear has lead me to speak my feelings when I'm feeling triggered and let them know that I'm feeling frustrated, concerned, angry, etc. and how we can problem solve in the moment.

[Xoli Fuyani](#) Fear of not be able to fully engage with the group cz of loss of words or understanding... this happen recently but thank God it was during break time! Was sitting round the table with academic professors cz of language barrier the conversation was too big for me 'I faded on the background not able to fully engage as was lost for words. It felt like big waves breaking on the shore....



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*[Nadia Chaney](#)

Discussion Question #3: What is your favorite part of either your morning or nightly routine? How does this flavour show up in your facilitation style?

[Kim Aldridge](#) My favourite part of an ideal morning routine is so many things ! I don't immediately connect with nightly routine really..in the morning routine enjoyment is so much clearer. I like to listen for the birds out my window, feel the air, listen to good music and just go at a nice pace. Loving how this question is connecting my lack of nightly routine/letting go of the day with the same inner feelings of angst I'd get in those facilitation moments..its like I want to say 'I don't know what to do at night often' just like I get stuck in those moments and feel 'I don't know '

[Nadia Chaney](#) 😊 amazing

[Michael Beebe](#) Reading books to my daughter before bed is every bit as great as I thought it might be before becoming a parent. Hmm, as for showing up in my facilitation? Not sure, perhaps that I like to keep reading up on new approaches?

[Nadia Chaney](#) Is there something about connecting through art and story possibly?

[Katie Ormiston](#) Good question. I could benefit from a morning and evening routine. At this point, it's not consistent. Likewise, I think owning some key consistent tradition pieces for my facilitation would help ground my confidence leading groups.

[Dan Peters](#) hmmm. journaling has been a big part of my evening routine and I've brought that in to our sessions, which has been neat to see.

[Dan Peters](#) and I wonder if I'm missing the boat a bit here in terms of 'facilitation style' vs 'activities that I use'?



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[Xoli Fuyani](#) I practice breathing exercise and yoga every morning... it helps to maintain my energy and centers me... when I feel overwhelm in my facilitation I know I can always come back to my breath and find my feet for grounding/centering

[Dan Peters](#) before sessions i also set my intentions for that session. then i call in guidance and protection to those ends.

[Sola Story](#) My morning routine is stretching, breathing and slow martial movements with Visioning. Certainly Visioning plays a big part in my facilitation style. I visualize my group before I work with them, seeing them 'get it' with developmental concepts. Also (kas you know Nadia), I move around and stretch a lot when I'm facilitating!

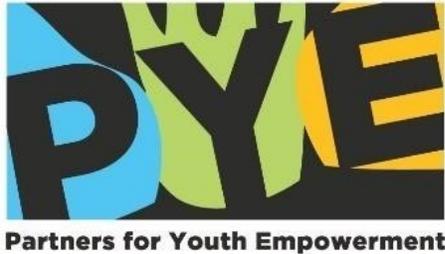
[Nadia Chaney](#) you do indeed 😊:)

[Sola Story](#) 😂😂😂😂😂😂

[Pamela Schuller](#) Morning is favourite daily practice. It is a part of my facilitation style in that I have movement , song and dance and now that you ask I realize that comes through in my facilitation style.

I have not intentionally brought my daily my actual practice to workshops. And people. I was thinking a couple of days ago that when I am really in the flow with my practice everything makes sense , I feel in alignment with my soul and life journey and answers arises easily as the sun rises every morning . I wondered if brought that feeling or state to every workshop and leadership situation the process would be greatly enhanced for the process and participants. For me it is an animated prayerful state and I will start to be more aware of that for flowful facilitation. Such a revelation with be my salvation. Thank you for asking this question.

[Sunshine Turner](#) Fave part is drinking water. I always drink water first thing when I wake up. For me water is the source of life and it's become one of my fave teachers. This shows up in my facilitation as honouring those who came before me and drawing on their wisdom.



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*[Nadia Chaney](#)

Discussion Question #4: What is flow and where does it appear in your facilitation? What is discipline and where does it appear in your facilitation?

[Michael Beebe](#) Glad to jump in for a few minutes, Nice grounding before I go lead a one day facilitation skills workshop 😊! So logging out to go do that!

[Nadia Chaney](#) thanks for connecting Michael!

[Kim Aldridge](#) I just feel a strong need to connect these here for me and see a deeper learning maybe that when conflict comes, it requires discipline for me to simply a dress and trust that the group will feel my intention to change the flow. I feel like good listening to people around me creates flow and an ease of what to say.

[Kim Aldridge](#) And also to know it's okay and necessary for the group to see me still and process carefully what to do and that this is not becoming invisible or retreating. I can allow the group to share the moment and maybe someone else will change the flow too and I can just affirm that .

[Nicky Wilks](#) I experience flow when I, and my circle, trust the process.

Discipline appears as we cocreate and share responsibility for maintaining agreements.

[Kim Aldridge](#) Helpful! I forgot I can just refer to group agreements

[Xoli Fuyani](#) Flowing! would be, knowing what I need to do is possible! Me being in control even through difficulties... fully availing myself.
Discipline: show up and staying! Accomplishing my goals

[Sola Story](#) Discipline is preparation for me and as I prepare to have a fruitful day, so to do it prepare a fruitful facilitation.



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Flow is when I am achieving, communicating, improvising effortlessly: this is equally true in my personal life as it is in my facilitation 😊

[Sunshine Turner](#) Flow, is finding the path of least resistance, it is going with the current and not knowing where we may end up, it is surrendering to that, it is letting go. It is play and joy and bounce.

Discipline, is containing flow so that it is safe and boundaried. It is protection from the unknown. It is preparation and time and wisdom.

*[Nadia Chaney](#)

Discussion Question #5: Describe your sense of humour as if it were an animal.
How does this animal appear in your facilitation practice?

[Kim Aldridge](#) Loving this question because I can see how anxiety in my inner life and fear can cause seriousness often. I think it can make my humour sarcastic or dry or just not embodied as much..there's not a lot of space for humour and fear together ! So if my humour was an animal.. I was going to say snake because it's slow and calculated and can come out of no where but that's more humour and fear. Just humour..a mouse ? I am feeling a theme for me of small!

[Nadia Chaney](#) You're ahead of me for question 6, Kim!

[Kim Aldridge](#) You ask amazing questions that really open me up!

[Nadia Chaney](#) 😊 thank you

[Kim Aldridge](#) (You can barely notice it in my facilitation)

[Nadia Chaney](#) The relationship between mouse and snake is interesting to me. Also, thinking it could be interesting to make a little space for the mouse sometimes. Mouse is a powerful symbol. What does it evoke for you, other than smallness?



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[Kim Aldridge](#) I think when just taking a moment there to read another's comments I realized where I went wrong last time in not following through on agreements co created with the group etc. Because the group itself was small - I think I was uncomfortable because I felt like I was taking up too much space. But I think I like mouse because I know small can be powerful and I want to be that good side of mouse. An animal that is aware of everyone in the room but their smallness makes it 'not about them ' and they are busy in a good way connecting or making space or just doing nice little mouse things that people feel like they are the ones who are clear on what mouse is doing. I think to feel good about taking up more space it would only be as this mouse in the middle of the circle ..pausing to sit and such but hmm..still thinking on this.

[Nadia Chaney](#) beautiful

[Kim Aldridge](#) (I say middle as somehow that is more seen but obviously circles we all sit together & a mouse running around is not really taking up space in the way I'm after!)

[Kim Aldridge](#) 

*[Nadia Chaney](#)

Discussion Question #6: When you read through the responses in this discussion, what big picture appears to you? How is our inner life connected to our principles and practices as facilitators?

[Nadia Chaney](#) As I read your responses myself, I realize the connection between inner life and facilitation is more vast than I realized...I want to study this more.

[Kim Aldridge](#) If I think of what it feels like to really enjoy a group that someone else is facilitating..it is a person I know has routine and goals and is honest and has stood up in the face of hardship to continue on. I see how I too can keep working to build this credibility for myself and keep things simple by referring back to the group and being vulnerable while being in the room/making it flow for the group and not take attention away through my inner fear as a facilitator and letting my mouse be a bit more peaceful lion.



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[Xoli Fuyani](#) Always felt there is no separation between the two... this conversation is great!
Connections are vast!
I unfortunately have to go pop 😞 thank u for such awesome question Nadia Chaney. Lotsa love

*[Nadia Chaney](#)

Well, thus endeth our 90 mins together this month. Thank you for everything you are doing to make this world a better place for youth and communities all over the world. You inspire me, and all of us at PYE, every day.

Next month I think we will return to the case studies format. PYE will soon post the transcript and this page stays open if you would like to add anything to any of the posts. We are always open to new topics for the upcoming sessions. If you have any ideas please feel free to post them on this page. If you enjoyed today's session please tell your facilitator, teacher, manager, social worker, group therapist, activist and social artist friends! Don't forget to check www.pyeglobal.org for upcoming trainings, too, there's some new ones just posted.



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[Kim Aldridge](#) Thank you Nadia and PYE

[Sola Story](#) Hashima Nadia would love to facilitate with you again soon 😊 Peace n Love Sola