**“I’m Just Asking” – The Power of Questions**

*A Facilitator Guide by Points of You®*

**Workshop Objectives**

* Pause, reconnect, and center ourselves.
* Explore how to identify the *real question* beneath the surface.
* Practice Points of You®’s 4-step method: Pause, Expand, Focus, Action.
* Experience improvised conversations using tools and questions.
* Leave with one resonating question to continue exploring.

**Duration & Structure**

**Total: ~4 hours** (including breaks)

1. **Opening & Welcome** – 30 min
2. **What’s the Real Question?** – 45 min
3. **Pair Practice: Finding the Core Question** – 20 min
4. **Group Discussion** – 20 min
5. **Break** – 30 min
6. **Improvised Conversation Method** – 90 min
   * Demonstration (15 min)
   * Group Debrief (15 min)
   * Pair Practice, Round 1 (20 min)
   * Short Break (10 min)
   * Pair Practice, Round 2 (20 min)
7. **Closing Reflection & Updates** – 45 min

**Materials Needed**

* **Speak Up Kit**: photo cards (hidden) + word cards.
* Handout: “30 Powerful Questions” (included in Speak Up).
* Music + speakers.
* Open space for movement.
* Comfortable seating in circle and pairs.

**Facilitator Guidelines**

* **Emphasize Listening**: Questions are only powerful when connected to the present moment.
* **Active Presence**: Notice not just words, but tone, pace, and body language.
* **Less is More**: Avoid rushing into advice or solutions; stay curious.
* **Encourage Embodiment**: Begin with a physical pause to reset body and mind.
* **Frame the Workshop**: Questions are the gateway to insight and transformation.

**Detailed Flow**

**1. Opening & Welcome (30 min)**

* **Facilitator Script**:

“Good morning, I’m so glad to see you here today. Let’s start with a smile and a story. Do you know the joke about the father and son…? The son keeps asking questions, and the father always answers: ‘I don’t know.’ Finally, the son apologizes for bothering him. But the father says: ‘Not at all, my son. If you don’t ask, how will you ever know?’ Questions are the engine of learning, exploration, and growth.”

* Introduce the **focus of the day**:
  1. Identifying the *real question* beneath what is first spoken.
  2. Holding space for powerful questions.
  3. Practicing “improvised conversations.”
* **Pause Exercise (20 min)**: Play music (Ani Kini, 4:36). Invite participants to move freely, shake off distractions, and then return to stillness.
* **Check-in Round**: “How am I today?” Each participant shares with one word or sentence.

**2. What’s the Real Question? (45 min)**

* **Input**: Explain that the presenting question is rarely the true one. Share examples:
  + A client brings a topic, but underneath lies the real challenge.
  + In “My Story” workshops, identifying the right theme for the album.
  + When participants struggle to articulate what doesn’t sit right in a process.
* **Key Learning**: A powerful question emerges through **active listening**, not a pre-written list.

**3. Pair Practice: Finding the Core Question (20 min)**

* **Activity**:
  1. Form pairs.
  2. Each takes 10 minutes as facilitator/participant.
  3. Focus topic: *“What takes me out of my comfort zone?”* (personal or professional).
  4. The goal is not to solve, but to identify **the real question** worth exploring today.
* **Closing instruction**: Each person writes down their emerging question.

**4. Group Discussion (20 min)**

* Guiding prompts:
  + What helped me guide someone to their real question?
  + What made it challenging?
  + Why is a bank of “good questions” an illusion?
  + How do listening, tone, body language, and silence guide us to the deeper question?

**5. Break (30 min)**

**6. Improvised Conversation Method (90 min)**

Introduce the **Points of You® 4-step method**:

1. **Pause** – stop, breathe, center.
2. **Expand** – use cards, questions, and metaphors to broaden perspectives.
3. **Focus** – narrow down insights into a clear takeaway.
4. **Action** – translate insights into practical next steps.

**a. Demonstration (15 min)**

* Invite a volunteer. Facilitate a 15-minute improvised conversation using the method.

**b. Group Debrief (15 min)**

* What did you notice?
* How did the facilitator identify and refine the question?
* How did the cards support the process?

**c. Pair Practice Round 1 (20 min)**

* New pairs. One facilitates, one participates.
* Structure:
  1. Identify the core question.
  2. Choose a hidden photo card and/or word card.
  3. Select one guiding question from the handout.
  4. Conclude with a word summary.

**d. Short Break (10 min)**

**e. Pair Practice Round 2 (20 min)**

* Switch roles. Repeat the process.

**7. Closing Reflection & Updates (45 min)**

* **Sharing Circle**:
  + What remains open for me after today?
  + Which question still resonates most strongly?
* **Facilitator Note**: End with updates on what’s new at Points of You® – especially the shift towards organizational work, the creation of new workshops, and integration of tool sales into facilitation.

**Participant Guidelines**

* Be curious, not judgmental.
* Trust the process – let the cards and questions guide you.
* Listen deeply, both when you speak and when you hold space for others.
* Take away one **resonating question** as your compass for the coming weeks.