**Seeing Beyond – From Barriers to Strengths**

*A Facilitator Guide by Points of You®*

**Workshop Objectives**

* Pause, tune in, and reconnect with self and group.
* Provide space for supervision and integration of field experiences.
* Identify personal and professional barriers – limiting beliefs, fears, and patterns.
* Strengthen awareness of core strengths and explore how to bring them more fully into facilitation.
* Practice deep observation through photography and Points of You® tools.
* Commit to practical actions that enhance professional presence and impact.

**Duration & Structure**

**Total: ~5 hours (with breaks)**

1. **Opening & Pause** – 60 min
2. **Supervision (Q&A from field practice)** – 25 min
3. **Identifying Barriers** – 45 min
4. **Break** – 30 min (with photo assignment)
5. **Identifying Strengths** – 140 min (includes 10 min break inside)
6. **Guided Visualization & Integration** – 15 min
7. **Closing Reflection** – 10 min

**Materials Needed**

* **Punctum** set: open photo cards, hidden word cards.
* **Flow** deck (hidden selection).
* Laptop + projector (for photo sharing).
* Smartphones (participants use for personal photo-taking).
* Music + speakers (Spotify playlist provided).
* Comfortable seating (circle, pairs, small groups).
* Writing tools and personal notebooks.

**Facilitator Guidelines**

* **Hold Safe Space**: Remind participants this is a place for honesty without judgment.
* **Balance Depth & Lightness**: When working with fears or limiting beliefs, create safety through humor, grounding, and empathy.
* **Encourage Curiosity**: With photos and cards, guide participants to observe details, colors, and emotions.
* **Supervision Approach**: Use field examples to connect practice with methodology.
* **Shift from Awareness to Action**: Always close reflection rounds with a move toward strengthening strengths and defining next steps.

**Detailed Flow**

**1. Opening & Pause (60 min)**

* **Facilitator Script**:

“In our last session we were filled with inspiration and ideas. But sometimes, when we leave the safe container, doubts and inner ‘noise’ arise – reasons why it’s not possible. Today we will learn to see beyond: to recognize our barriers and to reclaim our strengths as facilitators.”

* **Pause & Tune-In (25 min)**: Play the chosen playlist. Invite participants to relax, breathe, and let go.
* **Check-in Round**: Each shares energy level (1–10) and a metaphor for “how I am right now.”

**2. Supervision (25 min)**

* Open space for participants to bring questions from their 1:1 client practice.
* Topics may include differences between maps, solo vs. facilitated processes, or challenges in applying the method.

**3. Identifying Barriers (45 min)**

* **Individual Reflection (5 min)**: Write down: *What challenges me most in my professional facilitation?*
* **Guided Visualization (5 min)**: Close eyes, imagine the feared situation. Where does it happen? With whom? What emotions or sensations arise?
* **Card Work (10 min)**: Choose one Punctum photo card that reflects “the pit I don’t want to fall into.” Reflect on details, story, and personal associations.
* **Hidden Word Card (5 min)**: Draw a hidden word. Explore: What is my first reaction? How does it connect to my challenge? What is the opposite of this word for me?
* **Pair Sharing (14 min)**: Exchange stories in pairs. Just presence, no solutions.
* **Self-Reflection (5 min)**: Identify beliefs and patterns behind the barrier.
* **Group Sharing (15 min)**: Harvest insights together.

**4. Break (30 min) – Photo Assignment**

* Instruction: “During the break, take one photo of something that attracts you. You may know why or not – simply follow the impulse.”

**5. Identifying Strengths (140 min)**

**Step 1 – Personal Photo Reflection (15 min)**

* Explore:
  + What did I choose to photograph?
  + What details stand out?
  + What angle did I choose, and what does it add?
  + What new perspective do I see now?
* Write 3 minutes of notes.
* Short group sharing.

**Step 2 – Black & White Lens (20 min)**

* Convert photo to black & white using phone editor.
* Reflect individually: What shifted? What became clearer? What was lost?
* Write insights.

**Step 3 – Group Feedback Round (40 min)**

* Select a few participants’ photos to project.
* Group offers reflections without the owner explaining.
* Each participant notes what they hear, without judgment.
* Then divide into groups of 4–5 for rotation: each photo gets 5–7 min of reflection.

**Step 4 – Strength Identification (20 min)**

* Write: *What strength does this photo reflect about me as a facilitator/coach?*
* Quick sharing round: each names their identified strength.

**Step 5 – Barriers to Strength (20 min)**

* Draw a hidden Flow card. Reflect: *What prevents this strength from showing up fully in my professional life?*
* Write 2–3 min.
* Journaling: *What am I willing to do to amplify this strength?* Write a short action plan.
* Sharing round: each shares one action step.

**6. Guided Visualization & Integration (15 min)**

* Facilitator leads a meditation:
  + Breathe, relax body.
  + Imagine being surrounded by a sphere of light.
  + Meet your higher guidance, asking to increase the “volume” of your chosen strength.
  + Visualize what changes when you embody this strength fully.
  + Return gently to the present.
* Journaling: note key images and feelings.

**7. Closing Reflection (10 min)**

* Round of sharing:
  + *What happened to me today?*
  + *What is my strongest insight?*
  + *What question do I take with me onward?*
* If short on time: one word check-out.

**Participant Guidelines**

* Be open and honest – barriers are part of growth.
* Listen without judgment during pair and group sharing.
* Let the cards, photos, and reflections surprise you.
* Move from awareness to action: identify one concrete step to strengthen your facilitation.