**Setting Out on the Journey**

*A Facilitator Guide by Points of You®*

**Workshop Objectives**

* Build trust and align expectations for the entire program.
* Introduce participants to the Points of You® DNA and methodology.
* Support participants in identifying their core professional values.
* Encourage both personal experience and professional application.

**Duration & Structure**

**Total: ~4.5 hours** (including breaks)

1. **Opening & Introductions** – 75 min
2. **The DNA of Points of You®** – 30 min
3. **Break** – 30 min
4. **Exploring Personal Values (Part A: Childhood Photo)** – 90 min
5. **Break** – 15 min
6. **Exploring Personal Values (Part B: Peak Moments vs. Value Collisions)** – 50 min
7. **Closing Reflection** – 5 min

**Materials Needed**

* Personal notebook for each participant (with a handwritten welcome note).
* Writing tools.
* **4 L2 Cards + 4 DNA Cards (Hebrew set)**.
* A **printed childhood photo** brought by each participant.
* **Faces** and **Punctum** card sets.
* Music device and speakers.
* Comfortable seating arrangement (circle if possible).

**Facilitator Guidelines**

1. **Presence & Sensitivity**: Establish safety by modeling openness, active listening, and respect.
2. **Create the Container**: Introduce ground rules: no judgment, confidentiality, presence in the moment.
3. **Balance Theory & Experience**: Combine sharing about the methodology with hands-on work using the tools.
4. **Highlight Versatility**: Encourage participants to imagine adaptations for their own professional settings.
5. **Personal First**: Remind participants that their personal experience is the doorway to understanding the method’s impact.

**Detailed Flow**

**1. Opening (75 min)**

* **Facilitator Welcome** (script):

“It’s exciting to sit here with you today and begin our shared journey. Together we will explore how Points of You® tools can enrich your facilitation and professional practice. Beyond knowledge, this journey will also be about your personal growth.”

* **Workshop Objectives**: Share four themes: *Practicality, Structure, Versatility, Readiness*.
* **Group Contract (10 min)**: Establish agreements: no judgment, respect confidentiality, be on time, be present.
* **Pause Experience (30 min)**:
  1. Invite participants to let go of distractions and listen to a chosen music track.
  2. Participants observe Punctum cards laid openly and choose one answering: *“How am I right now?”*
  3. Short sharing round: name + “how I am right now” through the card.

**2. The DNA of Points of You® (30 min)**

* Share the origin story of Efrat and Yaron: from creating the first tool to discovering the deeper values.
* Present the **five core values** of Points of You®:
  1. Inner Research
  2. Unexpected yet Precise
  3. Humanity
  4. Presence
  5. Flow
* Encourage dialogue: Which of these values resonates most with you today?

**3. Break (30 min)**

**4. Exploring Personal Values – Part A: Childhood Photo (90 min)**

* **Intro**: Each participant brought a childhood photo. Ask them to reflect:
  + What does this photo represent about me?
  + Which values can I trace back to my childhood?
* **Activity**:
  + In pairs, share the photo and tell the story behind it.
  + Use Faces cards to deepen reflection: Which archetype mirrors the value seen in your photo?
  + Journaling: Write down 3–5 personal values that emerge.

**5. Break (15 min)**

**6. Exploring Personal Values – Part B: Peak Moments vs. Value Collisions (50 min)**

* **Activity Flow**:
  1. Invite participants to recall a **peak moment** in their professional life (when they felt fully aligned).
  2. Then recall a **collision moment** (when their values were challenged).
  3. Use Punctum cards to explore each.
  4. Group reflection: What values are most central for me as a professional?

**7. Closing Reflection (5 min)**

* Round of sharing: One word or sentence each – *“What do I take with me from today?”*
* Thank participants for their openness and remind them: personal experience is the foundation for applying Points of You® with others.

**Tips for Facilitators**

* **Energy Management**: The opening pause is essential – it sets the tone for depth and safety.
* **Balance Sharing**: Encourage equal participation, watch for over-dominance.
* **Use Stories**: Whenever possible, share examples from your own professional or personal life.
* **Adaptability**: Depending on group size, manage pair/trio work vs. full circle sharing.