## **STRUCTURE OF THE FACILITATOR PDF (2–3 pages)**

### **🧩 Page 1: Workshop at a Glance**

**Header:** *Starting Without a Plan – Points of You® Workshop Guide*

**Section 1: Workshop Brief (What & Why)**

* **Theme:** Embracing the unknown and allowing movement without clarity.
* **Purpose:** Support participants in connecting to inner shifts even when direction is unclear.
* **Best used when:** Participants are in a time of personal/professional transition or when clarity is still unfolding.

**Section 2: Workshop Objectives**

* Meet the unknown with courage and softness.
* Release the need for a fixed plan.
* Strengthen trust in open processes.
* Connect with subtle inner shifts.

**Section 3: Quick Overview (Timeline)**

| **Segment** | **Format** | **Time** |
| --- | --- | --- |
| Opening + Intro | Group | 10 min |
| Pause (music + check-in) | Individual | 10 min |
| Expansion Questions | Individual + Pair | 20 min |
| Image & Reflection 1 | Card work | 15 min |
| Group Dialogue | Group sharing | 10 min |
| Movement Reflection | Card + Writing | 10 min |
| Final Card & Reflection | Pair + Group | 15 min |
| Closing & Integration | Group | 10 min |

### **💬 Page 2: Core Questions & Card Prompts**

**✨ Core Reflective Questions**

1. What happens to me when I don’t have a clear goal?
2. What might happen if I begin moving?
3. What is open for me right now?

**🖼 Card Prompts**

* *Choose a card* (recommended: Flow deck, but open choice works too).  
  + **Prompt 1:** What does this card reveal about how I relate to not having a plan?
  + **Prompt 2:** Where do I notice a quiet invitation to begin something?
  + **Prompt 3:** If everything is open and possible, what might be emerging now?

**Optional Quote to Share:**

*“Oh, you're sure to get somewhere, if only you walk long enough.” – The Cat (Alice in Wonderland)* Invite a moment of smile, recognition, or connection to the idea of trusting movement without clarity.

### **🔄 Page 3: Adaptation Tips + Final Reflection**

**🌐 Online Delivery Tips**

* Use breakout rooms for pair shares (recommend: 2 rounds of 10 min).
* Play music during the Pause segment using screen/audio share.
* Use chat for 1-word shares during transitions or emotional check-ins.
* Invite participants to take a picture of their chosen card and write in a journal.

**🤝 Face-to-Face Adaptation**

* Use physical decks, or lay out cards on a table.
* Have cushions or chairs in a circle for group connection.
* Use gentle background music for Pause segment.
* Prepare printed reflection prompts on cards or sheets.

**📎 Bonus: Suggestions for Different Scenarios**

* **Corporate setting:** Emphasize soft skills: resilience, agility, openness to change.
* **Therapeutic context:** Focus on emotional regulation and acceptance of liminality.
* **Creative teams:** Use metaphor from cards as a way to ignite imagination and ideation.

**🪴 Final Reflection (Facilitator's Section)**

* What energy did the group bring into the room?
* What surprised me?
* What seed might have been planted today?

Layout chart attached

Link + pause music

What you need for the workshop:

Tools that we used

Preparaitons:

What am i expecting?

What i want to receive for me?

Wonder five minutes around the house - what do i need to

Keeping it - this is the kick off