

# MAINTAINING AUTHENTICITY AND CLARITY

**Purpose:** To help facilitators communicate openly and effectively while staying true to themselves and aligned with group needs. These strategies, drawn from the Lead by Example lesson, ensure your message is clear, consistent, and grounded in trust-building.

1

## **Pause and Center Yourself**

Take a moment to breathe and ground yourself before responding or leading into the next part of the session. This helps you remain calm, focused, and intentional.

2

## **Model the Behavior You Expect**

Demonstrate the respect, focus, and participation you want to see in participants. Your actions set the tone for the group.

3

## **Keep Your Commitments**

Follow through on promises to build trust and credibility. Reliability strengthens your authenticity as a leader.

4

## **Admit Mistakes Openly**

Show that it's okay to acknowledge and learn from errors. This models humility and resilience for participants.

5

## **Speak and Act with Consistency**

Align your tone, body language, and actions with your words to reinforce trust and clarity.

**Facilitator Tip:** Authenticity comes from being genuine, not perfect. Clarity comes from slowing down, listening actively, and speaking with intention.