



TIPS FOR BEING AN EFFECTIVE WPM FACILITATOR

Be Yourself

There really is nothing else you can be but yourself. But the idea here is to be ready to drop your role and let people get to know you. Often sharing silly things from your life, or sharing some failure or limitation, makes you more accessible to people. People open up when someone is willing to be vulnerable in a group situation, especially as the group facilitator. You become an example and make it “safe” for others to do the same.

Be Present

Take time before people come to step out of your usual outer self and connect with your inner being. Whatever method or technique works for you is fine: sitting quietly, chanting a mantra, etc. Do not worry about what you are going to say. Just stay in this state and everything will arise naturally.

Be Intimate

Intimacy starts with being open and authentic. For most people, this is when they feel safe and trusting. Trust arises when fear and confusion fade. Your ability to be present and authentic with people automatically creates intimacy. In this atmosphere spirit thrives.

Be Welcoming

Being welcoming is a state of consciousness. In Hawaii it is called “aloha.” It means you are welcome, you individually are welcome, special, noticed. You are including people in this most special and important part of your life. Be friendly and intimate. Pay attention to them; let them know that you are glad they are there. Find an opportunity to be of service, to get them a drink or explain things.

Listen

Listening is also a state of consciousness. It has everything to do with your capacity for being present. If it is not possible for you to be present, then pay attention to people when they speak. Paying attention is the highest form of respect you can give another.

Verify

Check in with people often. See if they understand what you are saying. Verify that you have answered their question. This allows you to confirm your effectiveness with the group.

Be Patient

Don't jump in to answer a question or intervene in a discussion. Let the situation "ripen" some. If the question is clear, then answer it directly. If you do not feel you know the answer, ask the group if anyone feels they can. It is okay not to have all the answers. It often gives others in the group an opportunity to participate and feel they have contributed.

Be Prepared

A facilitator is likely to be in the psychic while leading the group. The mind is often less functional when you are in your psychic. So it is a good idea to have a written outline handy. Write down not just what happens next but also the key points you want to share. A single index card can keep you on track. Create your reminder notes from the instructions in this guide.

Be the Leader

Being a WPM group facilitator starts with your awareness of your role. Intention is an action in consciousness. From intention comes opportunity and from opportunity comes manifestation. This is how you test and expand your capacity as a leader.

Keep on Track

Let people know what the evening schedule will be and then follow it yourself. But don't let the schedule run the evening. Respond to what shows up and allow it to conclude if possible. But you are the boss, so you make the call how much time to spend with what has arisen and when to move on. Concern about time is mental. Some people in the group may have this consideration, but it disappears when they start experiencing presence. In presence past and future disappear and one enjoys the moment one is in.

Stay Personally Connected

A personal connection supports participants to go beyond the resistances that inevitably come up. Offer opportunities for participants to talk to you and ask questions about their experience. For example, make yourself available before and after the meditation to answer questions. Provide your email and phone so people can be in touch with you in between the group meetings if needed.

Create Community

As appropriate and possible for your situation, have snacks and drinks at the WPM. It is surprising how effective this is to create a sense of community. To support participants getting invested in the group, invite people to do things, like managing the technical aspects of using Zoom, bringing flowers, tea, snacks, or helping with set up or clean up.