



Facilitating a Context for Change Guide

Over and above facilitating and coaching techniques (e.g. [transpersonal coaching](#)), there is a way of allowing change to occur naturally. You can relax, knowing that the change techniques which you have in your repertoire of skills are only necessary occasionally - when you or your client requires a little extra assistance to overcome an obstacle. Being a facilitator of change means not relying on techniques, but rather *holding the space* for positive change to take place in a way that serves your client's best interest (i.e. [win-win-win](#)).

Major Premises:

- All we are is change (every experience is constantly changing).
- You never know how far a change will go...
- No matter what you think you are, you are more than that.

A useful belief for change facilitators to hold:

We are more than our problems and challenges in life. Somewhere in our awareness (even if deeply unconscious) we are already that which we wish to experience. Everyone has within them the intrinsic ability to achieve their core desires. It's just a matter of 'tuning in' appropriately in order to access our vast reservoir of resources.

TIP 1

Check in. Scan your body before, during and after facilitating change processes so that you are always 'in-tune' with your body's present state. If you're not feeling 100% grounded and aligned, use the [Mindful Power technique](#) in order to establish mindful awareness. When assisting others through change it may be useful to go through a ritual of meditation or being in nature or preparing (clearing) the space before the session begins.

TIP 2

Make a connection. Before assisting someone through a change process, have the intention to be the right person at the right time to help that person achieve their most valued outcome. When your client arrives, make a

connection (whether silent or outspoken) in order to heighten your receptivity to the client's unconscious communication. Some facilitators like to make a connection from their 'higher-self' to the client's 'higher-self' and/or elicit the assistance of 'celestial helpers'.

TIP 3.1

Hold the Inward Space. See yourself or your client in the 'Light' of your/their desired outcome. See them as the person they'd like to be. Also hold the internal representation of your client (or yourself) being totally resourceful and able to change easily and timely. Become familiar with all the [Principles of Authentic Self Empowerment](#) and hold them as your beliefs while facilitating change processes.

TIP 3.2

Hold the Outward Space. Establish [Open Awareness](#) and focus on the space between you and your client and on the space around your client. This 'Space-In-Between' is the energetic aspect of the relationship with your client. Focusing on this space helps to deepen rapport with your client.

TIP 4

Allowing. Open your heart. Allow your client to express themselves fully. Be an empty vessel that is non-judgmental. Listen with your heart, observe softly and acknowledge your client. Let them feel heard.

TIP 5

The Sacred Mirror. Allow your eye contact to reflect your client's Truth. In the context of change, their Truth is that they are more than their problem and more than they think they are. Invite your client (if appropriate) to keep eye contact with you and to 'See' themselves through your eyes. This may evoke their underlying issue/problem to surface, and may be a difficult task for your client, but can be a pivotal point in the transformative process.

TIP 6

Receive and give feedback. Allow deep rapport with your client to stimulate open and honest communication. Your communication should be in response to what your client expresses and guided by your own intuition. Your feedback should be in service to the constructive achievement of your client's desired outcome, while guiding them to find their own 'answers' within.

TIP 7

Change Perspectives. Allow yourself to view your and/or your client's challenging situation from all [four perceptual positions](#) before deciding what action to take.

TIP 8

Trust. Trust your Unconscious Mind and trust your client's Unconscious Mind and trust the process as it unfolds (the Higher Conscious Mind).

TIP 9

Be Patient. You never know how far a change will go... The 'penny will drop' in just the right way at just the right time.

TIP 10

Techniques. Use [coaching techniques](#) or [NLP](#) only when all of the above has not provided satisfying results. Certain subtle ways of using appropriate coaching and NLP language should be considered before any major techniques are employed. Remember: techniques are valuable tools but poor masters.

TIP 11

Coach on Purpose. Remember why you're doing what you're doing and allow the Source of this motivation to permeate your thoughts, feelings and actions.

TIP 12

Familiarize yourself with all of the above steps. Practice them. Then allow them to slip into the background of your awareness so you can simply Be Yourself and Be Present in the process.

Remember... No matter what you think you are, you are more than that... and your client is too!