

This resource can help anyone facilitating a formation experience, including a routine reflection. It aims to heighten an awareness of multiple dynamics involved in a formative experience, with the belief that facilitation excellence benefits the participants and enables experiences with God's divine love and grace.



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Ministry Formation

# Levels of Awareness

FOR FACILITATING FORMATION

# Levels of Awareness

## Self

### PREPARATION:

- + What am I noticing within me: in my body, my heart, my mind, and my soul?
- + Where is my authentic, Christ-like self in this moment?
- + What is my internal chatter; what, if any, are my fears?
- + Overall, how am I coming to this? What is my key message?

### DURING:

- + What am I noticing within me: in my body, my heart, my mind, and my soul?
- + Am I trusting God's grace and gifts to me?
- + Do I feel a connection with participants? With my co-facilitators?
- + Am I sharing from my authentic self? Am I sharing too much?
- + Am I willing to be open; to check my egoic self?
- + Am I talking too much? Am I trying too hard to have all the answers?
- + Am I okay with wherever the group is?

## Individuals

- + What might they be bringing to (what might be top of mind for them?) this experience?
- + How long and how far have they traveled?
- + What are they communicating verbally and non-verbally?
- + Am I aware of the energy they are expressing?
- + Are some talking lots and others not at all?
- + Am I noting those who value space and time to process, and those who value chatting?
- + What might be and what are their stressors, fears, hopes and joys?

## Group

- + Is there a sense of community and genuine fellowship?
- + What is the energy of the group? How is it shifting?
- + Am I attending to the few and the many?
- + What is the flow of conversations: discussion with facilitators, with one another, with unlike groups or roles?
- + Are they mixing with one another? Are some potentially left aside?
- + Are they engaging the content or other things?
- + Laughter, tears, playfulness, dissonance?
- + Has anything occurred among or to the group that needs to be communicated?

### AM I ASSURING THE FORMATIVE SPACE IS:

- + Bounded yet open?
- + Hospitable yet energized and charged?
- + Honoring little stories and The Big Story?
- + Affording silence and speech?
- + Encouraging community and solitude?

## Content & Facilitation

### PLANNING & METHODS:

- + Do I have adequate and accurate knowledge and understanding of the topic?
- + Do I have my own experience of connecting with this content? What would be appropriate to share?
- + Are slides, notes, flip charts, media, items on tables, and other materials ready?
- + Do I have an adequate grasp of the tools available in the virtual platform?
- + Have I communicated key moments and expectations to team support members?
- + Do I have a clear plan for communicating (or signaling) prompts, setting up exercises, and giving directions?

*Overcome with Emotion    Rich Understanding    Joy*

*Faith, Hope, & Love    Sympathy & Empathy*

*Sense of Transcendence    Comfort in Silence*

*Ahhh! moments    Grounding & Centering*

*Connection & Unity    Movement of the Spirit*

*Compassion    Transcending Time (losing track of)*

# Where is God present?