

THE 7 ESSENTIALS OF MINDFUL FACILITATION



ME

Understand self, motivation, & strengths



INFORM

Offer knowledge & expertise



NURTURE

Ensure psychological safety & cohesion



DISCOURSE

Involve & engage each individual



FLOW

Lead group effectively through process



UNITE

Motivate to thoughtful action



LISTEN

Pay attention to needs

THE 7 ESSENTIALS OF MINDFUL FACILITATION

M
ME

BE
me
present
curious

KNOW
the audience
the tech
the message

I
INFORM

N
NURTURE

SHARE
story
the journey
the mic

HAVE
personalization
positive regard
purpose

D
DISCOURSE

F
FLOW

GIVE
a roadmap
clear instructions
reasons

inspire
to think
to reflect
to act

U
UNITY

L
LISTEN

ATTEND
to needs
to body
to energy

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