

Mindwork Facilitator Scripts – Session Outlines

Session 1

Identify The Challenge - Isolate the Challenge / Blockage

Each Step is a single 20-30 minute session 12-15 minutes Breathwork approx. 10-20 minutes Reprogramming. Remember to pause 10-15 seconds after each question you ask, visualize asking yourself the same question.

1. Awareness (3-5 Min)

- For them to introspect and look within for their problems and get more in touch with their feelings and emotions. Tap into feelings, talk about feelings from an internal perspective and reflect on history of patterns and accountability.
- To be fully present with self and internal reality

2. Root Cause (3-5 Min)

- Building the relationship between external effects of things and the root of what is causing them. Looking for fears ex. I shut down in relationships and don't communicate. the root is I'm afraid of being vulnerable or expressing my true feelings.
- Taking the time to dig into things by asking the appropriate questions

3. Action – (3-5 Min)

- Shifting out of the root cause. If we can find the root and fix it everything else can change. Outcome is to come up with an action step to move beyond the root of the problem.
- The goal can be to walk away with 1-3 core action steps that you can apply to your life

Facilitator Notes:

- *Post breathwork session ask what stood out the most and what they want to share, then bring them back through some prompts to talk through and jog their memory.*
- *Post breathwork session give them some reflection points from each of the above to reflect on daily and/or use mindwork tracks to go deeper until the next session. Use in conjunction with CVP.*
- *Ask them to journal daily on what comes up and do 2-3 Mindwork sessions on this topic before next session.*
- *What is the main takeaway/awareness or goal to accomplish this week?*

Session 2

Identify and Feel the Change

Each Step is a single 20-30 minute session 12-15 minutes Breathwork approx. 10-20 minutes Reprogramming. Remember to pause 10-15 seconds after each question you ask, visualize asking yourself the same question.

1. Identify what you need to change (approx. 2 min each):

- **Identify What you need to break through** - Come up with a solution to break through the pattern or cycle you may be stuck in. Bring awareness to potential solutions related to your root case (Maybe need to start a session with reflection).
- **In order to experience change what would need to happen?** What are the action steps required to start creating a change. Allow for brainstorm session if needed (post breathwork)

2. Feel the Change / Breakthrough (approx. 2 min each):

- **What would it feel like to be free of this problem or no longer feel this way?** Objective is to Identify how one would want to feel in regards to being transformed or changed or relieved of their problems.
- **Are your limiting beliefs, fears or worries true?** Objective is to bring awareness to limiting beliefs, caused by the root of their issues. Once you have awareness of the beliefs you can change them. Another objective is to truly question the narratives that drive your life and behavior
- **What can you do?** Objective is to Create realistic actionable items
- **How Do you want to feel?** Again, the objective here is to focus on what it would feel like to anchor in the possibility of change and release the stress or fear from the body. Try to specifically say the emotions and sensations (ex. happiness → stomach filling up with air)
- **Self Empowerment / Gratitude.** - Repetition plus emotion, anchor in a positive emotion and affirmation.

Facilitator Notes:

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- *Post breathwork session give them some reflection points from each of the above to reflect on daily and/or use mindwork tracks to go deeper until the next session. Use in conjunction with CVP.*
- *Ask them to journal daily on what comes up and do 2-3 Mindwork sessions on this topic before next session.*
- *What is the main takeaway/awareness or goal to accomplish this week?*

Session 3 Take Action & Anchor

*Each Step is a single 20-30 minute session 12-15 minutes Breathwork approx. 10-20 minutes Reprogramming.
Remember to pause 10-15 seconds after each question you ask, visualize asking yourself the same question.*

1. Taking Action (approx. 2 Min each)

- **What's The First Step?** Objective get clearer on actionable items.
- **What's the Cost of Inaction.** (Come up with downsides of not taking action and try to FEEL about this momentarily as well)
- **What's your level of Commitment?** Get them to commit to taking action.

2. Anchor in the new you. Repetition plus emotion. (approx. 2min each)

- **Envision** - Objective is to feel and believe change is possible..feel it in their body and start taking action towards the new feeling.
- **How does it feel?** get them to feel exactly how they want or envision feeling at their best
- **Create a mantra.** A positive mantra to help integrate the session and repeat it as often as possible.

Facilitator Notes:

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- *Post breathwork session give them some reflection points from each of the above to reflect on daily and/or use mindwork tracks to go deeper until the next session. Use in conjunction with CVP.*
- *Ask them to journal daily on what comes up and do 2-3 Mindwork sessions on this topic before next session.*
- *What is the main takeaway/awareness or goal to accomplish this week? Focus on Mantra Daily*
- *When thoughts wander Breath Pause Interrupt*