



# **The Facilitator's 7-Day Practice**

**Built through small moments of  
observation and reflection.**

# welcome!

If you picked this up, something in you is already wondering more about facilitating.

You're not exactly asking "What should I teach next?" anymore. You're asking the quieter, harder questions, the ones that actually make a facilitator:

How do I create a room people remember? How do I lead without hiding behind a memorized sequence? How do I trust myself when the plan falls apart mid-event?

Here's what nobody tells you in training: facilitation isn't a switch you flip at the studio door. It's a way of paying attention to yourself, to other people, to the ordinary rooms you move through all week.

Before you can read a room, you learn to notice. Before you can hold space for others, you learn to steady yourself. Before you can respond with confidence, you practice watching without judgment. These seven practices build those muscles! Ten to fifteen minutes a day, a notebook you don't mind making messy, and permission {you have to give yourself that} to leave perfection at the door.

## Let's Begin:

Dive into the pages ahead and start the journey. Get ready to explore new ideas, engage in gentle exercises and take the first steps toward learning about facilitating events, spaces and practices.



Facilitation isn't meant to be easy. It means being yourself in the moment, not knowing all the answers, letting the group co-lead with you and most of all, asking yourself the tough questions of who you are when no one is watching.

- Ro Nwosu

# DAY ONE

## Become and Observer

Facilitators see what most people walk right past. Today, choose a public space a coffee shop, a park bench, a waiting room, the corner of your own workplace.

Sit for ten minutes with your phone away and your attention open. You're not here to judge anyone. You're here to notice. Feel the pace of the room.

Who walks in like they own it?  
Who hovers at the edge?  
Who looks at ease, and who looks like they're bracing for something?  
Where does conversation gather?  
Where does the silence sit?

If this were my room to support, what would these people need before I said a single word?

## FIELD NOTES

What surprised you?  
What assumptions did you catch yourself building? making?  
What did you notice that you would usually walk past?

# DAY TWO

## Read Yourself First

The first room every facilitator learns to read is the one inside their own skin.

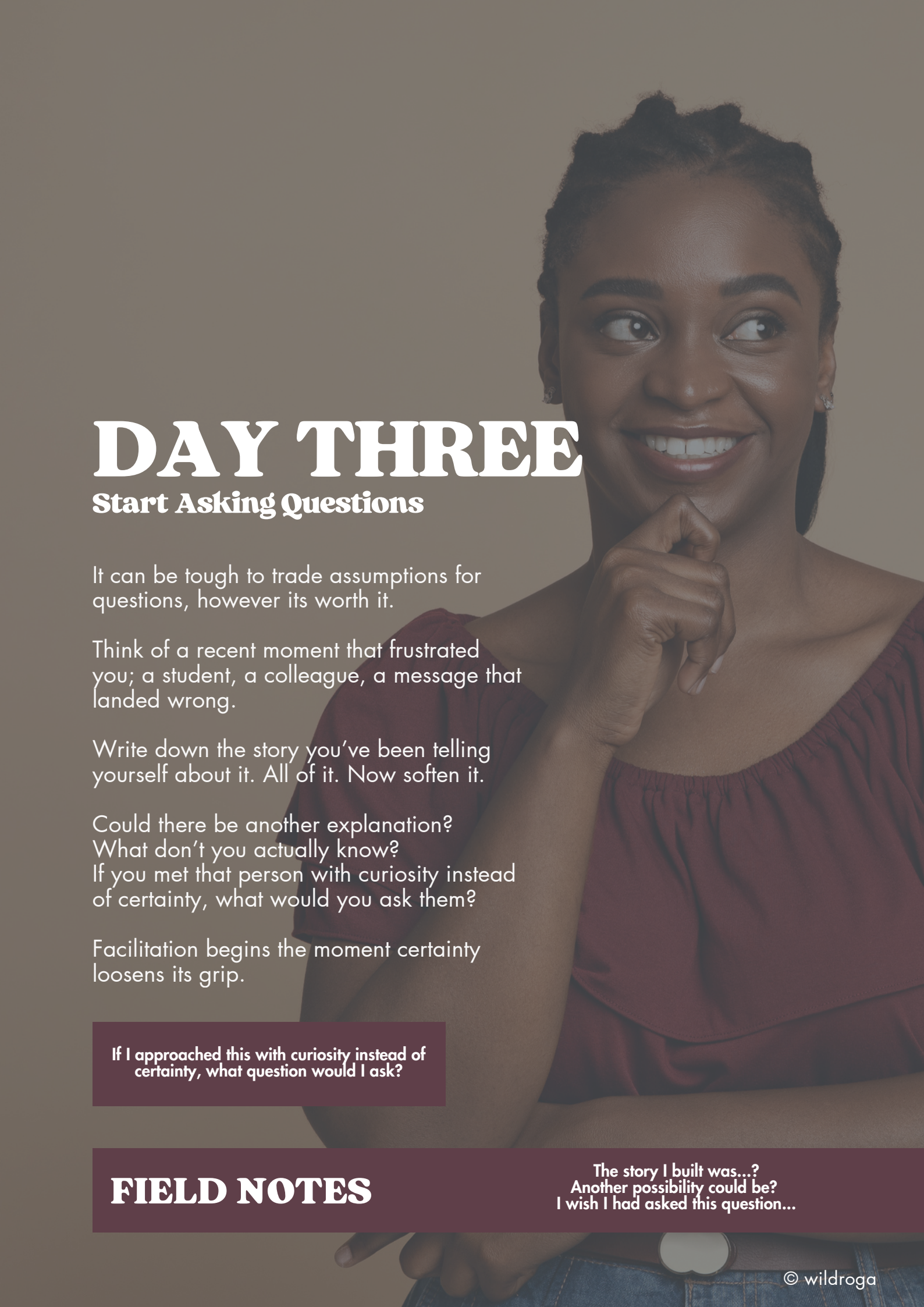
As you're learning to steady others, spend ten quiet minutes with yourself. Close your eyes. Follow your breath. Notice your shoulders, your jaw, the place your attention keeps wandering back to.

Don't fix any of it be a witness to it. You can't pour presence from an empty cup. This is you, checking the cup

What am I carrying today?  
What energy would I bring into a room right now and what do I need before I ask others to be present with me?

## FIELD NOTES

Today I noticed...?  
My energy feels...?  
Three things that help me arrive anywhere is...?



# DAY THREE

## Start Asking Questions

It can be tough to trade assumptions for questions, however its worth it.

Think of a recent moment that frustrated you; a student, a colleague, a message that landed wrong.

Write down the story you've been telling yourself about it. All of it. Now soften it.

Could there be another explanation?  
What don't you actually know?  
If you met that person with curiosity instead of certainty, what would you ask them?

Facilitation begins the moment certainty loosens its grip.

If I approached this with curiosity instead of certainty, what question would I ask?

## FIELD NOTES

The story I built was...?  
Another possibility could be?  
I wish I had asked this question...



# DAY FOUR

## Not Everything Needs a Fixin’

Have one conversation today where your only job is to understand. Don’t interrupt. Don’t solve. Don’t turn it back to your own story. Don’t rehearse your reply while they’re still talking.

Just listen to their pace, their pauses, their tone, the things their body says that their words don’t.

Notice how hard this is.  
Notice how much of “listening” is usually just waiting to talk.  
Most people don’t need you to fix them.  
They need to feel understood.

What do people tell me when I stop trying to respond?

## FIELD NOTES

What did I hear once I stopped preparing my response?  
How did the conversation change?  
What did I understand and notice?

# DAY FIVE

## Language is important

Your words shape how people feel in their own bodies.

Write down five phrases you catch yourself saying when you teach the autopilot ones. (This portion is from a movement teacher perspective, however you may have phrases you use that might need a reframe)

**Maybe:** "That's the easy option." "If you can't..." "Try to keep up." "Good job." "So what..." "What's next..."

Now rewrite each one so it opens a door instead of closing one so it offers choice instead of ranking bodies.

Instead of "If you can't do this..." try "Choose the variation that feels supportive for your body today."  
"Where are you noticing the information?"

Say the new version out loud, and feel the temperature of the room change.

Which version sounds more like the facilitator I want to become?

## FIELD NOTES

Old language.  
New language.

Which one sounds like the facilitator I'm becoming?

# DAY SIX

## What is the experience?

Facilitators don't teach or lecture. They co-create and build experiences. Pick one thing you know in your bones. Then get honest about why it matters.

Why would I teach this? What are my hopes that people understand? How does this connect to their life? Could I explain it to someone I've just met?

What experience am I actually creating not just what am I teaching?

## FIELD NOTES

What is the purpose of the experience?  
What is the general need of the group?  
People you're supporting?

# DAY SEVEN

## Write Your Facilitation Philosophy

Take your notebook somewhere that feels good, and read back through the week. Watch for the patterns, the words you kept circling back to, the moments that stayed with you, the things that surprised you about your own attention.

You've spent a week noticing the world around you, then noticing yourself, then paying attention to the language you use and the experiences you build. Somewhere in those pages is a point of view that's been there all along. Today, you get to name it!!!

So finish the lines below in your own words, honestly, without editing yourself toward whatever sounds impressive. This isn't a worksheet to complete and file away. It's the first draft of how you'll lead: the beliefs you'll return to on the days a class goes sideways, the room feels heavy, or you catch yourself reaching for someone else's voice instead of your own. Nothing here is final. But naming it now gives you something to stand on. Write it like it's yours, because it damn well is.

## FIELD NOTES

I believe great facilitation is...  
The people I support deserve to feel...?  
One promise I make to myself as a facilitator is?  
When someone leaves an experience I hope they carry...?

## Facilitator Checklist

Every facilitator walks in with a plan. Fewer walk in with a practice for how they show up the small, human things that decide whether a group feels safe, seen, and worth returning to.

This pocket guide is that practice, distilled into three moments: before you walk in, while you're facilitating, and after everyone's gone. It isn't an agenda or a script. It's a set of reminders for the parts of facilitation that don't fit in a lesson plan checking your own capacity before you ask for anyone else's, reading the room in front of you instead of the one you imagined, offering choice instead of pressure, and letting silence do some of the work.

Print it, fold it, keep it wherever you'll actually see it. Maybe inside a notebook, on a desk, in your bag. Run your finger down it before you begin, to arrive on purpose, and again afterward, to notice what actually landed. It's not a test by the way, ain't nobody ticking every box every time. It's something to return to, one room at a time, until presence stops being something you reach for and becomes the way you lead.

This checklist isn't a test to pass. This is to support you.

### Before You Walk In

- ☐ I checked my own cuop, I know what I'm carrying today
- ☐ I know the feeling I want people to leave with, not just the points.
- ☐ I left myself room to adapt if the plans change
- ☐ I've set up the space so everyone can feel welcome and supported.

### While you're in it

- ☐ I'm reading the room, not just running my own plans.
- ☐ My words offer choice instead of orders.
- ☐ I'm listening to words, to pauses, to what people are saying.
- ☐ I'm letting silence do some of the work.
- ☐ I'm responding to the room in front of me, not the one I imagine

### After the event

- ☐ I noticed what actually landed!
- ☐ I caught one assumption I made and got curious about it, asked questions.
- ☐ I named one thing I'd do differently next time.
- ☐ I let myself acknowledge all that went well.



# **This field kit won't make you a facilitator. Practice will.**

Butttttt if these seven days helped you slow down, notice more, and think differently about what it means to teach, then you've already started.

Facilitation was never about the perfect words. It isn't the most creative plan, or always having the answer. It's walking into a room with enough presence to see what's actually there, enough humility to adjust when it counts, and enough trust to believe that real learning happens in relationship not in perfection.

Keep this kit close. Come back to it often.  
Mega love,

Ro

## **Keep Going.**

WildRoga is the home of Ro Nwosu's work in movement, culture and embodied leadership, the studios, the trainings and the mentorship for teachers/wellness professionals and organizations building rooms people remember.

If this kit stirred something, that's the invitation.

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