

IMPACT

MODULE 2
CREATING TRANSFORMATIVE SPACES

innerverse GLOBAL ACADEMY

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OVERVIEW

Welcome to Module 2 of IMPACT

MODULE 2: Creating Transformative Spaces

Module 2 focuses on how we create containers and environments designed to foster and facilitate transformation for individuals or groups.

New realizations, insights, and shifts in consciousness are the starting point for lasting transformation and change.

Where does sustained transformation begin for our clients? Inside. Within.

We all have an inner landscape, a deeper nature, which is rich with connection, well-being, and wisdom.

How do we help clients go beyond their conditioned thinking and reactions to access that deeper nature? How do we point them to that well of creativity and fresh perspective that allows them to access new possibilities and potential?

We get present, listen beyond our conditioned mind, connect powerfully and allow our deeper nature, the wisdom within to guide us and inform our work.

When we learn to orient ourselves to the true source of transformation, we enhance our work and create profound spaces for insight.



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TRANSFORMATIVE SPACES

WHAT HELPS TO CREATE THEM?

- **Your Presence**

  Your presence is a gift. It has the potential to wake people up to new possibilities, heal, guide, and open them to new possibilities. It has the potential to give hope and calm and make people feel heard and seen. Presence is often a rare gift and goes a long way in creating trust and rapport which allows your work and conversations to go deeper.

- **Your Inner Climate**

  Where you're coming from inside yourself matters. Getting a feel for your inner climate in a session and cultivating your ability to get present, drop in, slow down, and listen more deeply makes a huge difference. When we see our reactivity, distraction or realize we've lost our bearings, we can lean in the direction of presence and neutrality. This allows us to tap into more helpful thinking and guidance in a session.

- **Rapport & Connection**

  Good rapport with our clients allows us to build strong relationships and trust. This trust serves the work. We can go in different directions, including more challenging ones, when in service to the client. Rapport opens the door for honest, vulnerable, open conversations.

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WHAT HELPS TO CREATE THEM?

- **Being Real / Authentic**

  People are often surprised at how powerful this can be for your work. When personas lead, or ideas about being professional, etc., we put distance between us and the client. When we show up real and authentic, we give our clients permission to do the same. This allows us to get to the heart of the matter more easily.

- **What You're Listening To & For**

  How active is your mind in a session? Are you looking to intervene, to help or slowing down to see what else you can learn and discover about your client? Are you going for the first thing or waiting to see what else? When we are fast, interpreting, trying to figure someone out, our minds are active. We are following our thinking, not the client. How could you let go more during a session?

- **Leading & Following**

  What if you're always leading? When we work one-on-one or in groups, whether we're talking or listening, ultimately we are leading the session or the training. In a conversation, when does it benefit the client for you to lead the conversation in a particular direction?

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WHAT HELPS TO CREATE THEM?

- **Staying Open & Curious**

  We can often rush to conclusions about our clients. We stop asking more and assume we "get it" or "get what they're saying. Staying open and curious and asking more questions allows us to see more nuances. Understanding how our clients see their world helps us serve them more powerfully. Where are you filling the blanks?

- **Guiding Toward Reflection**

  Guiding our clients toward reflection helps slow down their minds. Clients or groups often show up with a busy mind, thinking about everything they need to do or where they're headed next. Asking reflective questions is a great way to help them get more present. They can't answer off the cuff; they have to consider it. As they get more reflective, they naturally slow down.

- **Direct & Honest**

  Being direct and giving honest feedback is often the key to helping reveal our clients' blind spots, which could be behind some of their struggles. We might be the only people in their lives that can do that. We ask for permission first. When we do that and come from a place of neutrality and non-judgment, people hear us. They are able to take it in.

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WHAT HELPS TO CREATE THEM?

- **Progress**

  Do you have an eye for progress with your clients? What does progress look like? Being able to point clients toward progress empowers them and raises their awareness. Do they have a different relationship to their thinking, their moods, and their reactions? How is this helping them? How can you connect the dots for them?

- **Speaking to the Relevance**

  Connecting the dots throughout your client relationships helps them integrate the understanding more deeply. Often, this work has profound implications, and clients experience more ease and peace and live with a more positive internal feeling. While we understand the value of this on many levels, they may need us to keep connecting those dots. How does this help them with innovation, decision-making, performance, and leadership? Continuing to come back to what matters to them and help them connect what's happening with what they're trying to achieve in business deepens learning.

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MODULE 2

PROMPTS & STARTERS

- **What 2 lessons do you want to take deeper for your work with clients?**

  Take a moment to journal and reflect where you would like to explore your work with others.

- **Is there a client that comes to mind when you consider being more direct and honest?**

  If so, what are you seeing? What would serve the client if you were able to say it in a helpful way?

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