

Agile2019 Facing your Demons: Navigating Self-Talk

Facilitator's Guide

Event: Agile2019 Facing your Demons: Navigating Self-Talk

Date: Thursday, August 8, 2019

Room: National Harbor 11 (150 seats)

Time: 2:00 p.m. – 3:15 p.m. **Duration:** 1 hour & 15min (75min)

Facilitator: Feral Rizvi

Attendees: Estimated - approx. 30/40 people (60 registered); Actual - approx. 60 people (95 registered)

Global Focus Question: What does our negative self-talk look like and what can we do to start challenging it?

Learning Outcomes

- Participants will learn an effective facilitation technique to build respect, trust, and vulnerability in a peer support setting
- Participants will walk away with an understanding of what negative self-talk looks like, sources of that negative self-talk, and building positive affirmations to counter that negative self-talk
- Participants will be able to add their own personal positive affirmations to their self-care toolbox

Volunteer Help

- Please distribute the following on each table:
 - 15 Sheets of Printer Paper
 - 12 Sharpies
 - 5 Small stickies
 - 3 Regular Stickies
 - Assorted Coloured Markers (**to be provided by Agile2019 supplies**)
 - One Big Poster Paper (**to be provided by Agile2019 supplies**)
- Please make sure attendees are sitting as close to facilitator as possible, filling up those tables first before filling up the back
- Need one volunteer to give time prompts of 45min left, 30min left, 15min left, and 10min left - please keep time prompt page up until I acknowledge with eye contact and/or nod

- Need another volunteer to place posters on the wall once I'm done with them (sitting closer to the front) and take pictures/video from my camera!
- Prep microphone if needed

Timing	Activity	Purpose	Materials
1:15 PM (45min)	<p><u>Facilitator Set-up Instructions</u></p> <ul style="list-style-type: none"> • Check if supplies and volunteers I need are available on Wed • Meditate (11min): https://www.fragranheart.com/cms/free-audio-meditations/self-esteem/public-speaking • Meditate (9min): https://www.fragranheart.com/cms/free-audio-meditations/self-esteem/bringing-about-what-you-desire • Create posters: <ul style="list-style-type: none"> ○ 2 Triangles that outline the session flow and sticky note marking where we are ○ Circle 1 / 2 - write on it while facilitating ○ Group Agreements - prewrite agreements ○ Draw facebook profile face with no additional features ○ Write "where can I make my affirmations visible?" poster 	To make sure I am ready!!	- 5 self-stick posters - (if needed) tape

<p>2:00 PM (10 min)</p>	<p>Introductions:</p> <ul style="list-style-type: none"> ● Introducing Myself: <ul style="list-style-type: none"> ○ Name ○ Pronoun - i identify as transmasculine ○ Land Acknowledgement <ul style="list-style-type: none"> ■ Piscataway (Pis-ca-tawa) ○ Scrum Master at Best Buy Canada ○ Access Needs - how I'm feeling at this moment in time (hearing ability) - as I'm stating access needs for myself, think of ways that will help you access the space better - need to go to the washroom, take a break, quiet space ○ A lot of firsts - First time facilitator at Agile2019 (thank you for being here!), first time self-care experimental track - please give feedback at the end of the session! ● Introducing Session - draw broad triangle to centre point and triangle coming out of it to outline session stages (landscape): <ul style="list-style-type: none"> ○ Personal story to the topic i.e. constant battle with it - from a young age very dismissive of calls for attention, how that shows up in my work is highly likely not to share opinions/ideas when asked, challenging that belief with positive affirmation and taking risks ○ Open the session with a Peer Support facilitation technique from PeerNetBC to build trust and agreements in the room (a lot of peer to peer sharing) ○ Explore situations to explore what negative self-talk looks like through a series of activities and debriefs ○ Find ways to create positive self talk to change the narrative ○ Closing with our takeaways from the session 	<p>To introduce myself and what to expect from the session</p>	<p>1 poster with 2 triangles on it, sections written out, and sticky with arrow drawn on it</p>
-----------------------------	--	--	---

<p>2:10 PM (20min)</p>	<p><u>Building Group Trust</u></p> <p>Ice Breaker (2min or less)</p> <ul style="list-style-type: none"> ● Roundtable Introduction of others: <ul style="list-style-type: none"> ○ Name ○ Pronoun ○ Access Needs ○ What intention are you setting for yourself at this session today? <p><u>Group Agreements</u></p> <p>Now we're going to build out what our agreements are going to look like as a group when we start exploring and discussing deep and personal topics that ask us to be vulnerable</p> <p>Circle 1 - Emotions (2min or less - silent):</p> <ul style="list-style-type: none"> ● Think of a time when you've had conversations that were personally difficult for you to have - examples include: <ul style="list-style-type: none"> ○ having conflict with a co-worker (conflict avoidant) ○ asking someone for a lot of help (avoid seeking help) ○ sharing a deep personal experience with someone (avoid vulnerability) ● What emotions in your body are coming up for you as you think about these events? Post them up on small stickies at the center of your circle when ready <p>Circle 2 - Comforting Actions (2min or less - silent):</p> <ul style="list-style-type: none"> ● What kind of actions did you take that helped comfort / soothe yourself when those events happened or when you are generally feeling this way? Write on regular sticky note. Examples include: <ul style="list-style-type: none"> ○ Conflict Avoidant - take a walk outside or quiet space to recollect your thoughts 	<p>Set the stage for the rest of the session - gain visibility on how we feel in our minds and our bodies</p>	<p>1 Poster - circles drawn on it</p> <p>1 Poster - write out room agreements</p> <p>Everyone using poster on their table, small stickies, regular stickies & markers</p>
----------------------------	--	---	---

	<ul style="list-style-type: none">○ Avoiding Seeking Help - eating a piece of chocolate after asking○ Avoid vulnerability - going to sleep or physically resting <p>Debrief with the group the list of emotions/actions (5min or less)</p> <ul style="list-style-type: none">● Do any of these actions/emotions resonate with folks in the room? What about these actions help you recover? <p>List - Group Agreements (5min or less):</p> <ul style="list-style-type: none">● Building on the emotions and actions listed, what are your asks of your peers? What are agreements that we want to set as a table that we want to be respected in our time here together? (Room Agreements - examples include):<ul style="list-style-type: none">○ Share the learning, not the story○ Silence is okay○ own your perspective○ believe in common best intent● Anything to add to room agreement?		
--	--	--	--

Timing	Activity	Purpose	Materials
2:30 PM (20 min)	<p><u>Exploring Negative Self Talk</u></p> <p>We talked about what was happening in “here” (the body) - now we’re going to talk about what’s happening in “here” the mind - take a minute and go back to the difficult conversations that were personally difficult for you to have. What kind of self-talk was happening while you were having these conversations? Examples include:</p> <ul style="list-style-type: none"> ● Conflict Avoidant - “why don’t people ever listen to me?” ● Avoiding Seeking Help - “everyone’s always busy anyway, they don’t have time to help me” ● Avoid vulnerability - “they’re going to think I’m a loser” <p>Take the face poster and write conflict avoidant & avoid seeking help thought. Take a couple of minutes on your own to write down these surface level conversations on A4 size paper that you feel safe to share with others (2 min or less - silent).</p> <p>We’ve explored a bit now the surface level conversations that take place, pair up with folks at the table to share back these surface level conversations and brainstorm ways to articulate similar thoughts to a root thought - what are they essentially saying about themselves? Examples include - less than 8 words (10min or less - pairs or 3):</p> <ul style="list-style-type: none"> ● Conflict Avoidant - “My voice doesn’t matter” ● Avoiding Seeking Help - “I don’t deserve help” ● Avoid vulnerability - “My feelings don’t matter” <p>Share-back (5min or less)</p> <p>What type of conversations took place? What did you learn? How does it feel to hear that statement?</p>	<p>Now that space is established, exploring the negative statements and self-talk that comes up for us and grouping similar thoughts into a single root thought</p>	<p>1 poster - Draw on your own example poster to visualize concept of broad surface level conversations and how they tie into the root thought outside the head</p> <p>Individuals can draw on their own A4 paper with assorted coloured markers</p>

<p>2:50 PM (15 min)</p>	<p><u>Creating Positive Affirmations</u></p> <p>I'm going to ask you to rejoin your pairs and looking at these root thoughts, think of how you can change the root thought to allow for positive affirmations and what those thoughts look like (10min or less)</p> <p>Examples include:</p> <ul style="list-style-type: none"> ● Conflict Avoidant - "My voice doesn't matter" to "My voice does matter" → my voice is strong, my ideas matter, etc. ● Avoiding Seeking Help - "I don't deserve help" to "I am worthy of love and support" → I forgive those that have hurt me, my needs and wants are important, etc. ● Avoid vulnerability - "My feelings don't matter" to "I do matter" → when I allow my light to shine, I unconsciously give other people permission to do the same. <p>Share-back (5min or less)</p> <p>What type of conversations took place? What did you learn? How does it feel to hear that statement?</p>	<p>Now that our root thoughts are identified, how do we flip the script? Discover the positive affirmation that helps you!</p>	<p>1 same poster - Draw on your own example poster to visualize concept of positive affirmation and resulting thoughts inside the head</p> <p>Individuals can use the same A4 paper with assorted coloured markers</p>
<p>3:05 PM (10 min)</p>	<p><u>Debrief</u></p> <p>As a group - with positive affirmations it's important to select a one or two that resonate a lot and place them in areas that are visible to you?</p> <ul style="list-style-type: none"> - Mirror - Fridge - Phone background - Browser new tab (momentum) <p><u>Closing</u></p> <ul style="list-style-type: none"> - Open Mic: what will you incorporating back into your life from this session today? - Please give feedback at the end of the session and if this session had an impact for you, I'd love to hear it! (in-person, online, etc.) 	<p>Make the affirmations visible and sharing learnings from the session</p>	<p>1 poster - On a poster with question prewritten - "where can I make my affirmations visible?"</p>

Created & Facilitated By:

Feral Rizvi

<https://www.linkedin.com/in/ferriz/>

feral.riz@gmail.com

THANK YOU!

:)