

Know Yourself

Knowing yourself is your starting point to becoming a more agile, confident facilitator.

Self-knowledge helps us identify our own comfort zones and “sweet spots” – and therefore to know both what it takes to stay within those and what it feels like to be outside of them. Noticing your personal style and preferences can help you to understand what feels life giving to you versus stress- inducing. When it comes to being more agile and confident when things go sideways, knowing yourself will help you to find your way back to a more comfortable space more quickly. Notice your personal style, be curious about it, be who you are, and most of all, think about how your personal style might affect your facilitation practice.

Do what it takes to be at the top of your game in the moment.

Facilitation requires you to be 100% present, moment to moment. You need to know yourself well enough to know that for you to be at the top of your game you need to put certain things in place. Try running through the following thought process:

Know yourself

I tend to be someone who...	Therefore as a facilitator, I am likely to....	This is an asset to me because...	At times I may need to counterbalance this tendency by...
Example: Needs a clear plan	Help groups create really great plans	My work is thorough	Following a promising lead when it presents itself, even if I didn't anticipate it



Care for yourself

To be at my best, I need...	To make that possible, I can... (be as specific as possible)
15 minutes to meditate in the morning	Ask Lindsey to walk the dog that day

I hope you found this sheet useful. Find more free resources at [sage-solutions.org](https://www.sage-solutions.org).

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