

## What Does Facilitation Feel Like Right Now?

These are some of the key words and phrases used by guests in Episode 75 What Does Facilitation Feel Like Right Now? with the Future Now community. These are the words of Starling, Lily, Felix, Elena, Olesia, Annagrace, Andrea, Timothy, and Moushumi. See [facilitatingonpurpose.ca](http://facilitatingonpurpose.ca) for the full show notes and listen to this episode.

- Edgy
- Depth spaces
- Heavy
- Overwhelmed
- Authentic
- Grateful
- Comfortable in skin
- Hard
- Dropping “professional” masks
- Emotional
- Hide the identity
- Playful
- Wild
- Bold
- Preparation
- Enjoyable
- Different from lecture
- Opening the space for facilitator to learn and be transformed
- Listening to community
- Shedding tears
- Checking the baggage we are carrying (e.g. fear)
- Never stop learning
- Not giving answers
- Things turning topsy turvy when you realize you’re a facilitator
- Breaking out of monologue into dialogue
- Becoming conscious
- Asking questions
- Building confidence

- Changing over time
- Participants not used to being given space
- Bringing energy
- Facilitating relationships
- Connecting to ourselves
- Regulation
- Relief to hear the others similar experiences
- Very real
- Responsibility to take off the mask first
- Complete shifts
- Alignments within group
- How people connect to each other
- Bringing people together
- Safety in groups
- Learning facilitation shifted everything
- Chaos and noise
- Dissenting voices
- Demystify the noise
- Guide conversations
- Scary
- Humbling
- Amidst artificial intelligence, facilitation keeps standing out
- Different contexts
- Be an agent of change and innovation
- Finding spaces where we can be held
- Emergence
- Don't have to know all the answers
- Both a personal and a spiritual journey
- Surrender to something bigger
- Powerful journey
- Vulnerable
- Intentional
- Listening more, being observant
- Ask the right questions at the right time
- Believe in the community's knowledge
- Engineer trust and safety in teams

- Experimental practice
- Every day learn something new
- Facilitation can be draining
- A lot of little interactions
- Making space for person who disagrees
- Moving groups forward
- Rewarding and tiring
- Observing in participants' eyes how they feel
- Resonance of people's feelings
- Curating emotions in the room
- Stepping out of yourself and allowing others to shine
- Struggling to wonder how to help
- Hardest day is Day One
- Nervous moments
- When everything clicks and energy is high
- Channeling energy
- Difference between moderation and facilitation
- Investing so much of ourselves before and during the session
- Not forcing anything out of the group
- Making sure our emotions are well-prepared for session
- Motivating
- Rewarding
- Fulfilling
- Spark and aha moments
- People sometimes struggle to translate into tangible outcomes