

The Art Of Guiding Meditations

Take ownership of your leadership skills

01. Give Your Session A Theme



Self-love, self-discovery, self-exploration, past moments & experiences.

Create a theme as a reflection of yourself, consider your own experiences with the theme then relate it with a past moment associated with your theme.

02. Break Story Into 3 Parts



Create A Storyline As An Internal Narrative

- 1) Reflect on a moment when you truly felt self-love.
- 2) Identify the actions you took to embrace and cultivate that self-love.
- 3) Visualize your life now, enriched by that self-love.

03. Guidance Using Storyline



Your story should be the backbone, giving purpose and flow to everything you say. When the narrative guides you, it creates a powerful connection with your audience, turning your words into a transformative experience.

04. Utilize Questions to Encourage Individuality



Use questions to spark individuality. Challenge participants to find their own meaning, empowering them to own their unique journey and unlock their potential.

05. Utilize Suggestions To Encourage Relatability



Use suggestions from your storyline to create relatability to your participants and help them stay on track throughout your facilitation.

Don't hold back and just go for it.

Close your eyes and let your heart be your guide. Let your storyline become your internal script