

Rich Rewards From Co-Facilitating

My First Workshop

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When I was in the Building a Lasting Connection® live online facilitator training from September-October 2023, I never expected to co-facilitate a Lasting Connection® Workshop Weekend as soon as February of 2024! Thankfully, one of the other participants, Laurie Branch, was from Colorado and we connected. She knew that one other Colorado EFT Therapist, Amanda Trujillo, had also taken the training.

The three of us are from different parts of the state, so we met on Zoom. We decided to host three weekend workshops; one in Laurie's city of Boulder, one in my city of Colorado Springs, and one in Amanda's city of Lakewood.

We held our first Lasting Connection® Workshop February 2-3 in Boulder at a hotel, and had 5 couples in attendance. We decided to include the cost

of the Home Connection System® in the registration fee so that each couple would have it to use during the weekend and to take home. The conference room was large enough for each couple to use their system, although two couples took their systems to other private areas in the hotel.

Since the Lasting Connection® Workshop is broken down into 5 sessions, we decided that each of us would choose a session to lead, then two of us would choose a second session to lead, and then two of us would split the last session.

Rich Rewards from my perspective were:

- Sharing the teaching load gave us a break between session presentations so that we could be at our best for our time leading the group.
 - Listening to our fellow EFT Therapists present their sessions gave us ideas and insights for the future, when we might lead a full workshop on our own.
 - Having three of us to observe people's faces and reactions gave us better attunement to our audience so that we could adjust our schedule to help people have a good experience.
 - When people were on their Mat, between the three of us, we were available to help them if they got stuck or wanted more instructions.
 - It was wonderful to see the couples use the pause place and hug/kiss one another after processing their topic.
 - The Richest Rewards were the comments from our participants:
 - "Using the Connection System Mat provided safety to share and to be heard. We learned more about each other's truth."
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- "The Connection System helps us move out of the complaint and blame cycle and into being able to share our thoughts and emotions without fear."
 - "The BLC mat is an equalizer. It helps us feel safe to share and helps us understand one another's meaning and intention."
 - "Using the Mat helps remove the impulse to get defensive."
 - "We really enjoyed the workshop, it was a lot of fun, and very meaningful. We feel confident that we can to use some of the frameworks learned... in fact, I think we already have!"
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