

HELLO

1. What is your name?
2. What organization are you affiliated with?
3. What do you hope to receive during this training?
4. What do you hope to give during this training?
5. What is one fun fact about you?

PRESENTER NOTES:

“Introduction Interviews” Activity found in the Facilitator Guide.



PRESENTER NOTES:

Confidentiality: Throughout the training, others might feel inclined to share insights, stories or memories with you or the entire group. It is important to remember that anything that is said or discussed in the sessions should remain confidential, unless someone specifies otherwise. Retaining this confidentiality will foster a safe and trusting space for all participants to delve deeply into the content and practice.

Trust and Openness: Allow everyone to speak his or her mind and to disagree. The content in CIT is not black and white. People will challenge each other. This diversity is an important part of the self discovery that is critical to the process. Remember to remain open and allow differences to be heard and valued.

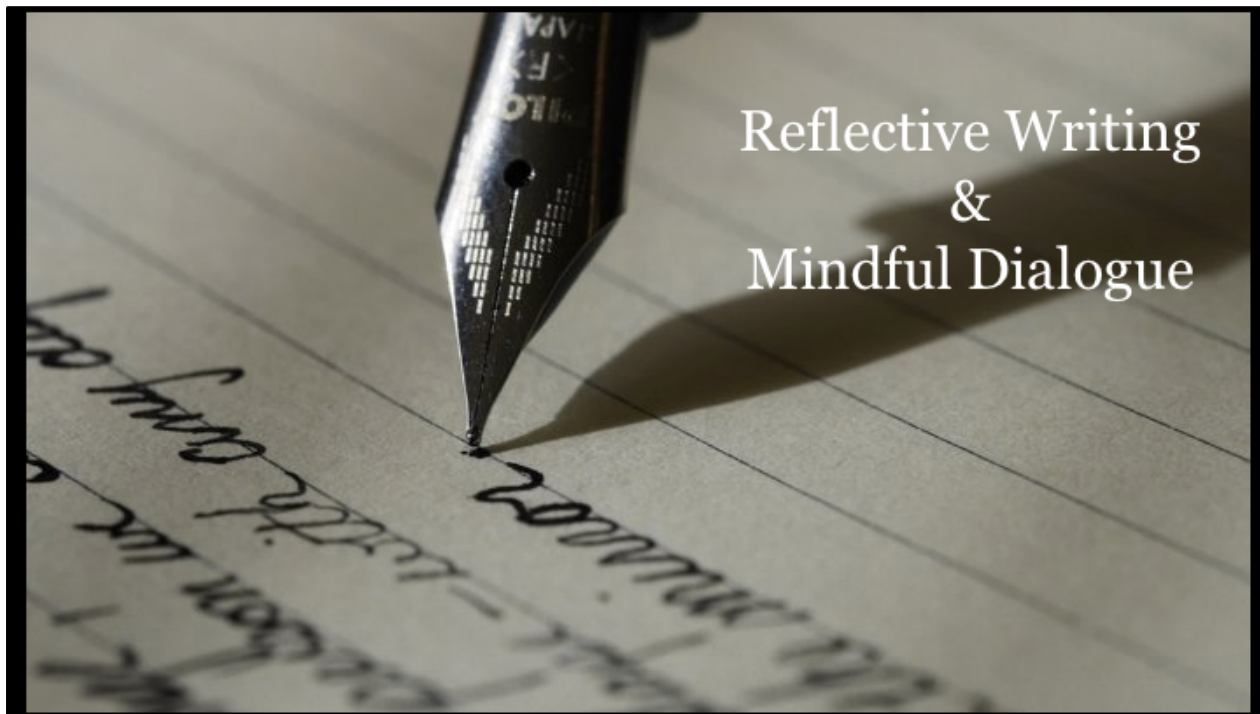
Speak from “I”: We often speak in a way that states our opinions or perspectives as facts. There is a difference between saying “Eggs are disgusting” and “I think eggs are disgusting.” The latter states one’s opinion but respects and allows room for other views. Speaking from “I” actually gives more value to your statements. It helps cultivate a sense of confidence and empowerment.

Don’t Give Advice: Even though it might seem tempting, refrain from giving advice during CIT sessions. You can suggest ways that you or someone else might approach the situation, but allow others to come up with their own ideas and solutions for their issues. Oftentimes, people simply want someone to listen. Rather than giving advice, try to actively listen by not interrupting or redirecting the conversation.



PRESENTER NOTES:


In CIT we are aiming for gradual progress, not instant results or perfection. Changing the course of a sailboat by only a few degrees would not seem to make much of a difference at first, but over time results in reaching a completely different destination at the end of one’s journey. Likewise, if we make small, seemingly insignificant changes in our life, we will find that over time our life is moving in a different, more productive direction. Many of the practices in CIT can appear challenging, but there is no need to feel discouraged if one does not achieve quick results. Remind yourself that CIT is meant to be practiced consistently over time, and that lasting change often comes slowly. Measure your progress over months and years, not days and weeks, and you will feel more encouraged.



PRESENTER NOTES:

1. Be totally present for the other person. We rarely have someone's undivided attention during a conversation. It is a gift. This presence can manifest through maintaining eye contact and verbal and nonverbal gestures that let your partner know that you are following what he or she is saying. Please turn off any electronic devices to prevent unexpected distractions and interruptions.
2. Try not to ask questions. Although we are not always conscious of it, questions have a tendency to drive a conversation in the direction the questioner wants it to go, rather than where the responder wants to take it. If you feel you must ask a question, make it something like, "Is there anything more you would like to add?"
3. Try not to give advice. The purpose of these conversations is to allow your partner to vocalize important experiences or insights, and to have someone honor them by listening attentively and without judgment. Often, instead of truly listening, we spend time thinking about what we would give. While this urge can be motivated by compassion, it can also interfere with our ability to actually be fully present to what the person is saying.
4. Keep everything your partner says in total confidence. Nothing creates safe space more effectively than trust. Knowing that each of you will keep everything you hear confidential

will build that trust.



COMPASSIONATE INTEGRITY TRAINING

Center for Compassion, Integrity and Secular Ethics
Life University

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INTRODUCTION

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PRESENTER NOTES:
