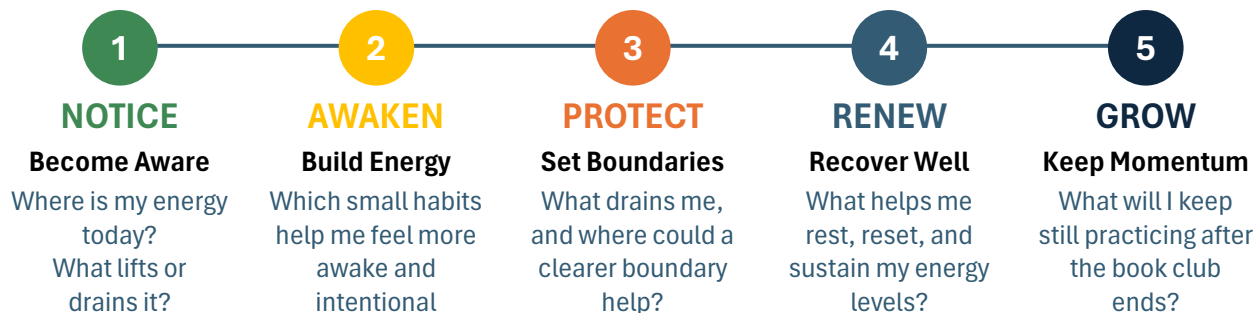


Help energy grow, one step at a time

Your role: make room for reflection, shared learning, and a small real-world experiment

THE ENERGY JOURNEY

NOTICE → AWAKEN → PROTECT → RENEW → GROW



A SIMPLE 80-MINUTE SESSION

Keep the conversation practical and participant-led

15 CHECK IN Energy 1-10; what lifted or drained you?	30 DISCUSS What stood out? Where do you see yourself?	10 REFLECT Quiet writing, sharing is optional.	15 EXPERIMENT What did you try? What did you learn?	10 COMMIT Choose one small step before next time.
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FACILITATOR REMINDERS

- LISTEN**
Share to learn. Listen to understand.
- MAKE SPACE**
Invite everyone. Respect silence and choice.
- STAY CURIOUS**
Ask about experience. Avoid fixing or advice.
- LEARN FROM IT**
Celebrate small wins and experiments that did not work.

END WITH ONE SMALL, SPECIFIC, REALISTIC COMMITMENT

“What is one thing you will do before our next meeting to increase your energy?”

Success = one insight, one meaningful conversation, or one small action