

Holding Space: Me, You, Us - Resources

Deepok Chopra's 7 skills in holding spaces:

- **Safety** – feel secure and have a sense of trust
- **Suspended Self-Importance** – a process of serving others where your own concerns are not a part of the process (doesn't mean you don't have a check-list or facilitators' guide to help; that guide does not dictate the conversation or the healing)
- **Attention** – being fully there; listening attentively (mindful listening)
- **Patience/Acceptance** – put these two together: allowing this person to feel what they feel (being patient in what come up and accepting whatever does)
- **Compassion** – Deepok Chopra says about compassion - "to embrace another in acceptance is an act of compassion in itself"
- **Non-judgement** – this process is impartial, not about explanation or passing judgements. But again being an impartial witness to what is to come.
- **Witnessing** – be the observer (your role is that of a watcher and that is powerful place to be in)

Tiara Cash's 5 ways of creating Brave Containers in an organization or community gathering:

1. *As the facilitator of the space you have to know your role* – you are a knowledge sharer like anyone else meaning everyone comes into the container on the same page with experiences that can contribute to the group. Your role as a facilitator is just to initiate the container, the people of the space will be charged to hold it.
2. *Acknowledge the space for what it is* – verbally say out loud what you'd like the space to be: a pace of strength, vulnerability, responses of love instead of fear, and a space that might not be safe for everyone all the time, but hopefully brave one where people can be honest and true.
3. *Begin with a community Mindfulness practice* – this can be as simple as 3 breaths together or a deeper practice of a 15 minute planned body scan. There is something about having people close their eyes and acknowledge that they are in the room, a part of a group, and experiencing the group together that helps to container solidify.
4. *If someone has an emotional outburst, use silence when needed* – it's okay to use phrases like: "let's just hold that for a moment" or "*begin with silence*...thank you for sharing that".
5. *Remind the group of community values* – if there's time and a space is created, remind people during a meeting, event, or presentation the values or agreements of the company or organization.

Content by: Tiara Cash, MS

