



CACAO-POWERED FACILITATOR SELF-GUIDED 10-WEEK COURSE TABLE OF CONTENTS

Thanks for your interest in our self-guided 10-week course ! Below you'll find the module titles as well as the topics covered in each video. The "toolkit" videos show you how to lead Embodiment and Inter-Action practices (including experiential demonstrations of the Embodiment practices). Each of the 10 modules also includes personal exercises for connecting more deeply with cacao as a plant ally, and for getting more confident in your mission as a facilitator. You can register for the course [here](#). Reach out to hello@soulliftcacao.com with any questions!

0) Introduction

MODULE 1: WHAT IS FACILITATION AND WHERE IS IT HEADING?

- 1.1) What is Facilitation?
- 1.2) Moving Beyond Dogma
- 1.3) Practical Definition of Spirituality
- 1.4) Basic Facilitation Premises
- 1.5) Tying This into Cacao Work

MODULE 2: HOW SELF-RESPONSIBLE COMMUNICATION MAKES US BETTER CACAO FACILITATORS

- 2.1) Defining Self-Responsible Communication

- 2.2) The Map is Not the Territory
- 2.3) Intro to T-Group (Self-Responsible Communication Practice)
- 2.4) Self-Responsible Communication in Facilitation
- 2.5) Inter-Action Toolkit – Re-Writing Limiting Core Beliefs

MODULE 3: BUILDING CONFIDENCE AND CONGRUENCE AS A CACAO WORKER

- 3.1) Defining Confidence and Congruence
- 3.2) Verbal Public Speaking Skills
- 3.3) Non-Verbal Public Speaking Skills
- 3.4) How to Develop Ethical Congruence
- 3.5) Embodiment Toolkit – Chakra Breathwork
- 3.6) Experience Chakra Breathwork

MODULE 4: VISIONING AND ANNOUNCING A CACAO EXPERIENCE

- 4.1) Choosing the Right Container
- 4.2) Ironing Out the Details
- 4.3) Selling Tickets for Your Event
- 4.4) Inter-Action Toolkit – Roving Puja (Sacred “Ice Breaker” Activity)

MODULE 5: PROMOTING AND PREPARING FOR A CACAO EXPERIENCE

- 5.1) Promoting Your Event
- 5.2) Preparing Yourself and the Space
- 5.3) The Equipment List

- 5.4) Final Steps Before Beginning
- 5.5) Embodiment Toolkit – Shaking Meditation and Slow Energetic Movement
- 5.6) Experience the Shaking Meditation and Slow Energetic Movement

MODULE 6: OPENING THE CONTAINER FOR A TRANSFORMATIONAL JOURNEY WITH CACAO

- 6.1) Basic Facilitation Premises in Action
- 6.2) Opening the Container
- 6.3) Making Agreements for Safety
- 6.4) Leading an Intention Circle and Cacao Ritual
- 6.5) Inter-Action Toolkit – Present Moment Noting (Emotional IQ Practice)

MODULE 7: SHADOW WORK AND THERAPEUTIC DISCOMFORT IN CACAO WORK

- 7.1) Defining Shadow Work and Therapeutic Discomfort
- 7.2) Be Able to Explain Your “Why”
- 7.3) The Meaning of Different Arrangements and Positions
- 7.4) Defining Trauma and Trauma Healing
- 7.5) Deep Considerations for Consent and Safety
- 7.6) Embodiment Toolkit – Quivering for Trauma Release
- 7.7) Experience Quivering for Trauma Release

MODULE 8: TRANSITIONS AND CLOSING A CACAO EXPERIENCE

- 8.1) Tracking Participants During the Journey
- 8.2) The Flow State of Facilitation
- 8.3) Holding Awareness of Power Dynamics

8.4) Transitions and Sequencing of Practices

8.5) How to Lead a Closing Circle

8.6) Inter-Action Toolkit – Coming Up with Your Own Exercise

MODULE 9: BUILDING UP YOUR PRACTICE AS A CACAO WORKER

9.1) Creating an Email List and Website

9.2) The Importance of Relationships

9.3) Long-Term Power Dynamics

9.4) Embodiment Toolkit - Coming Up with Your Own Exercise

MODULE 10: BRINGING CACAO INTO A MODERN CONTEXT OF HEALING AND SELF-DEVELOPMENT

10.1) Cacao's Role in Holistic Health and Wellness

10.2) Cacao in the Context of Plant Medicines and Psychedelics

10.3) How to Navigate Claims of Cultural Appropriation

10.4) The Light and Shadow Sides of Cacao