

Break and Breathe

Facilitator Moves

PROCESS

- Pause, drop all nonverbal gestures, move to a different spot, and then bring up a different voice pattern from the one used in the previous location.

ALTERNATIVES

- Most often used to transition between getting attention and presenting information.
- Also useful when the facilitator wants to recover from a mistake or shift thinking in the room.

TIPS

- Drop eye contact and do not speak while moving to a different spot.