

PARTICIPANT GUIDE

Holding Space: Professional Facilitation Training

September 9-11, 2026
Salishan Place By The River,
Fort Langley



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*We are honoured to gather on the shared traditional territories of
Katzie First Nation and Kwantlen First Nation and are grateful
for the opportunity to learn together on these lands.*

The Role of a Facilitator

"The role of a facilitator isn't to be the smartest person in the room.

*It's to create the conditions where the smartest parts of the
room can find each other."*

- Len Pierre



Welcome

On behalf of the entire Len Pierre Consulting (LPC) team, thank you for registering for *Holding Space: Professional Facilitation Training*. We are genuinely honoured that you've chosen to invest your time, energy, and trust in this learning journey.

Over the next three days, you'll be joined by more than fifty facilitators, educators, instructors, trainers, speakers, leaders, and knowledge holders representing a wide variety of professions and communities. Although three days may sound like a significant commitment, we promise you...the time will fly by!

Whether you're an experienced facilitator or stepping into this work for the first time, you belong here.

Throughout this training, you'll have opportunities to reflect, connect, practice, and learn alongside others in a supportive and relational environment. We hope you'll leave with new relationships, renewed confidence, practical facilitation tools, and perhaps even a new way of thinking about what it means to hold space for others with intention.

This guide has been created to help you arrive feeling informed, prepared, and excited for the experience ahead. Inside, you'll find everything you need to know before you arrive, along with a few reflections to begin your learning journey.

We can't wait to welcome you into the circle.



Before We Begin

Before arriving, we'd like to invite you to spend a few quiet moments reflecting on the questions below. There are no right or wrong answers. Simply notice what comes to mind.

- ☐ Why did I register for Holding Space?
- ☐ What kind of facilitator do I hope to become?
- ☐ What do I hope participants say about me after they've experienced one of my workshops?
- ☐ What strengths do I already bring into the room?
- ☐ What is one facilitation skill I hope to strengthen during these three days?

Please leave your reflection in the space provided below.

Our Philosophy

At LPC, we believe facilitation is about more than delivering information. It is about creating the conditions where people feel safe enough to learn, brave enough to participate, and valued enough to contribute.

Throughout these three days, you'll experience a facilitation approach grounded in:

- Two-Eyed Seeing
- Trauma-informed practice
- Indigenous cultural safety
- Consent-driven learning
- Adult learning principles
- First Peoples Principles of Learning
- Relational accountability
- Experiential learning



We believe every participant already possesses valuable knowledge. Our role is to create space for that knowledge to emerge.

Holding Space is an experiential learning journey. You'll participate in conversations, activities, reflection, storytelling, demonstrations, facilitation practice, and shared learning.

Some of the most meaningful learning won't come from the front of the room. It will come from the people sitting beside you. Come prepared to participate. Come prepared to reflect. Come prepared to grow.

Preparing for Your Experience

What to Expect

The training takes place at the beautiful [Salishan Place by the River](#), located on the shared traditional territories of Katzie First Nation and Kwantlen First Nation. Directions can be found [here](#). Parking can be found [INSERT].

Our learning journey will begin with a traditional welcome offered by Kwantlen Elder and Matriarch Cheryl Gabriel.

Each day will include a blend of learning, reflection, discussion, and hands-on practice. While the agenda may shift slightly, here's an overview of what you can expect.

Day 1 - Foundations of Holding Space	We'll begin by getting to know one another, exploring what it means to hold space, and building a shared understanding of effective facilitation. Together, we'll explore adult learning, the First Peoples Principles of Learning, and the foundations of creating safer, more inclusive learning environments.
Day 2 - Building Your Facilitation Practice	Day two focuses on strengthening your facilitation skills. We'll explore culturally safer and trauma-informed facilitation, responding to challenging moments, adapting to different learning environments, and practical tools for designing engaging learning experiences.
Day 3 - Practice Facilitation	Our final day is dedicated to practice. You'll have the opportunity to facilitate a short learning activity in a small, supportive group and receive thoughtful feedback from your peers. We'll close our time together with reflection, celebration, certificates, and a closing circle.

Each day also includes:

- Morning wellness break
- Afternoon wellness break
- One-hour lunch break
- Large and small group discussions
- Individual reflection
- Interactive learning activities
- Facilitation demonstrations
- Opportunities to practice your own facilitation skills

Meals & Refreshments

Coffee, tea, and light morning refreshments will be available each day. A water bottle filling station is available in the training area.

Lunch is not provided. There are several cafés, restaurants, and grocery options within walking distance. You're also welcome to bring your own lunch.

If you have dietary restrictions or food allergies, we encourage you to bring any food or snacks that will help you stay comfortable and energized throughout the day.

What to Bring

Please bring:

- ☐ Notebook or journal
- ☐ Pens or highlighters
- ☐ Reusable water bottle
- ☐ Comfortable clothing
- ☐ Packed lunch or spending money for local restaurants
- ☐ Laptop or tablet (wi-fi will be available)
- ☐ Optional: An activity or sensory support item (such as colouring, knitting, a fidget tool, or another item that helps with staying engaged and processing information).
- ☐ Workshop materials, curriculum, PowerPoint slides, or learning activities you'd like to use during Practice Facilitation Day

What to Wear

Dress comfortably. There is no formal dress code. Room temperatures can fluctuate throughout the day, so we recommend dressing in layers. Comfortable footwear is encouraged as you'll be moving throughout the room during activities and conversations.

Media Consent

Photos may be taken during the training for future promotional purposes. We will always strive to respect participants' comfort and consent. If you prefer not to be photographed, please let a member of our team know.

Learning Together

Practice Facilitation

One of the highlights of Holding Space is the opportunity to facilitate. If that sentence makes your stomach flip a little, you are not alone. Many participants arrive feeling nervous about facilitating in front of others. Please know this is not an evaluation and the goal is not perfection. It is about creating a space to learn, practice, receive supportive feedback, experiment with new ideas, and continue growing with your own facilitation style. Whether you've facilitated hundreds of workshops or this is your very first time standing in front of a group, you belong here.

A Consent-Driven Learning Environment

One of the principles we strive to uphold at Len Pierre Consulting is being consent-driven. Learning should be invitational, not coercive. Throughout the training, you'll always have a choice. You will never be expected to share personal stories. You will never be pressured to participate in ways that don't feel right for you. You will never be asked to disclose experiences you would prefer to keep private. We invite participation while respecting personal boundaries. Because when people feel psychologically safer, learning becomes possible.

Taking Care of Yourself

Everyone experiences learning differently.

If at any point you need to:

- Stretch
- Get fresh air
- Take a wellness break
- Step out briefly
- Get water



Please do. Simply rejoin us when you're ready. Taking care of yourself is part of the learning.

Accessibility & Learning Supports

We recognize that everyone learns differently. If there are accommodations or supports that would help you participate fully, please let our team know. We will do our best to support your learning.

Before You Arrive

There is no required homework, required reading, or preparation to complete before the training. .

Simply bring:



Everything else we will discover together.

A Few Helpful Tips

To get the most from your experience:

- Introduce yourself to someone new.
- Ask questions.
- Share your ideas and experiences.
- Silence your phone whenever possible.
- Give yourself permission to step out and rejoin if you need a break.
- Take notes in a way that works for you. .
- Practice courage over perfection.
- Celebrate your progress instead of striving for perfection.
- Remember that every person in the room has something valuable to teach you, and you have something meaningful to offer in return.

One Final Thought

As facilitators, we often spend countless hours preparing slides, activities, agendas, and learning outcomes. Those things matter. But people rarely remember every slide. They remember how we made them feel. They remember whether they felt welcomed. Whether they felt respected. Whether they felt heard. Whether they felt safe enough to learn. Holding space is the practice of creating those moments. Thank you for choosing to learn alongside us.

We can't wait to welcome you into the circle.

With respect,

Len Pierre

CEO & Founder
Len Pierre Consulting

