



Facilitating the Edges Training Certification

Special Founders Offer 2024

Facilitating the Edges Training (FET) is a one-of-a-kind professional training for those who want to lead, facilitate, and build at the edges of new territory for humanity, while living a fully expressed, ecstatic life.

Contents

Why This, Why Now?.....	2
Our Four Forces Framework.....	2
Why This is Not Just Another Training Model.....	3
Course Structure.....	5
The Curriculum.....	7
CORE 1 SELF: Claiming Your Desire.....	7
CORE 2 OTHERS: Being the Tuning Fork.....	9
CORE 3 GROUPS: Amplifying Your Impact.....	11

This is for you if...

- ✓ You're concerned about the future and you want BIG Impact. Impact that shifts reality and creates choices that weren't there before – what we call nonordinary impact.
- ✓ You're tired of pushing against the status quo...or maybe you're just *bored with it*. You want to live in new territory, individually and collectively.
- ✓ You don't want to do it alone but you also don't want drama, compromise or having to walk on eggshells. You want skilled co-conspirators that bring out the best in you.

- ✓ You are not willing to choose between a better world and a fully expressed life. You want *both*.

Why This, Why Now?

As someone who wants to have a positive impact, you don't need to be reminded of the challenges humanity is currently facing. They are impacting our lives, communities, and organizations at every level.

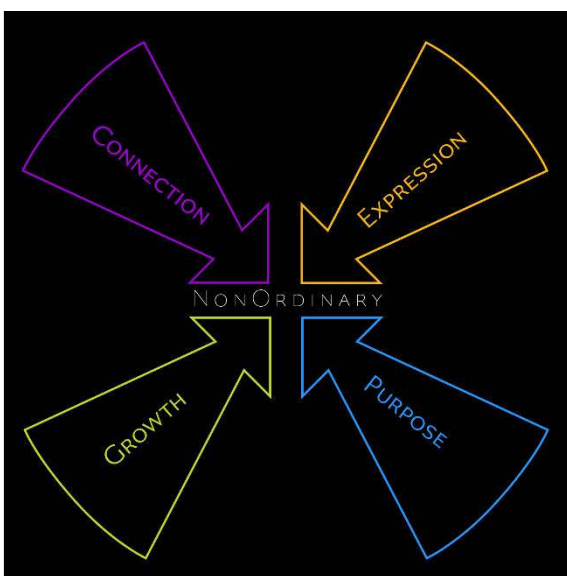
It can be lonely and exhausting trying to paddle against what feels like a raging river, or even more draining, having to walk on eggshells when what is needed is fearless engagement. You've also likely noticed that many of the strategies and approaches that used to work are not only becoming less effective, they are in many cases making things worse.

As daunting as this seems, it all makes sense.

We can't create something new from the status quo. And no amount of self-sacrifice, raging against the status quo, or strong-arming others is going to create the world we know in our bones is possible.

Instead, we believe the new world will be born from aligning our deepest desires with what the world needs— while finding pleasure in the process.

This training cultivates the skills, states, and agilities needed to live in new territory – at the edges – and have profound impact through inviting and facilitating others to join us.



Our Four Forces Framework

The Four Forces Framework works with the simple yet profound idea that our individual and cultural worldviews are created by our experience, understanding, and pursuit of four core desires: Connection, Expression, Purpose, and Growth. These four desires are not only the foundation of human motivation-- they are the underlying forces of life moving us towards ever greater consciousness, meaning, creativity, and aliveness.

The Four Forces is the culmination of over three decades of interdisciplinary research, practical experiments, and real-world facilitation, distilled into a profound yet accessible framework. It is a living, dynamic system of

skills and states of consciousness that give you access to more choices for how you craft, experience, and impact reality.

When facilitating the edges of human capability, the Four Forces is a compass that allows us to align with life and with each other. It helps us expand reality with each step we are taking into new territory.

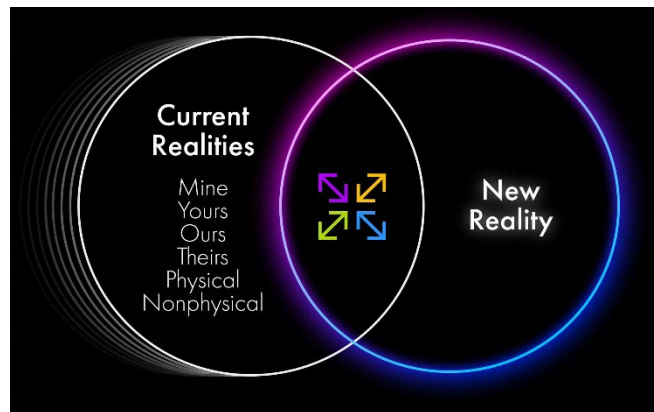
Why This is Not Just Another Training Model

1. Paradigm Shift the Paradigm Shift

A paradigm is a system of beliefs, concepts, values, and practices that together form a way of viewing and experiencing reality. When you are working at the paradigm level, ***you are changing reality.***

It's common to think of paradigm shifting as ***one shift***, and then you are ***there***. However, many of our current problems are rooted in battles between paradigms. Which paradigm is the right one?

Instead of picking one paradigm, develop the skills to be able to ***understand, navigate, and impact ANY paradigm.***



Instead of learning by scenarios, learn paradigm and states of consciousness agility. Identify what is happening at the core, and develop the skills and senses to follow what is needed as it is unfolding *for each unique situation*.

Instead of replacing your current models, FET both enhances them, and gives you deeper insight as to when to use which model for best benefit.

Instead of silos of communities and leaders, FET gives you versatile, common operating system to be able to cross-pollinate, collaborate and amplify each other's work.

Instead of one application, FET gives you skills that are applicable at all scales and in the three contexts of personal life, professional facilitation, and leadership.

2. Navigate like a helicopter rather than a plane.

Many approaches and models are like planes with a linear flight plan to get you from A to B. Planes can change course, however helicopters have more choices, more *agility*.

When you are learning to fly a helicopter, both hands and feet are required to control the distinct yet interdependent levers of maneuvering. Our **Four Forces Framework** gives you similar levers, where the goal isn't to become an expert in only one lever, or to balance the four levers to hover in one place. The goal is to be able to move through reality in any direction, *as desired, using all four simultaneously*.



FET helps you develop:

Paradigm Agility: Move between various current worldviews with ease and impact, including understanding underlying desires and how to help others get what they most deeply desire.

State Agility: Identify, navigate, and access a variety of expanded, nonordinary, and ecstatic states for yourself and with others.

NonOrdinary Agility: Gain access to additional layers of information and experience by cultivating intuition and non-physical ways of knowing through the subtle senses.

Emotional Agility: Become a super-regulator by mastering not only your own emotional regulation but also by helping others regulate theirs.

These agilities give you the ability to live and create at the edges.

3. Expand your reality with a different kind of map.

All our growth as humans involves stepping into unknown territory. But how do you map unknown territory? A traditional map or model is great for identifying and teaching skills within known territory. But when you are at the edges, you need a different kind of navigation and set of tools. With every step into unknown territory, you are *expanding reality for yourself and others*.

At the edges is where you are most alive.

FET offers an applicable, one-of-a-kind approach that supports you in expanding your skills and reality from the edges. Understand what is currently happening. Wield the Edges Map to identify where you are and where you want to go, in the constantly emerging territory that is at the very edge of existence.

What are these edges?

The Consciousness Edge

Expand what it means to be human. Explore consciousness and reality beyond the physical. Cultivate flexibility of consciousness, nonordinary states, deep intuition, and natural intelligence. Develop the subtle senses to access the nonphysical / metaphysical, adding layers of understanding and experience.

The Shifting Edge

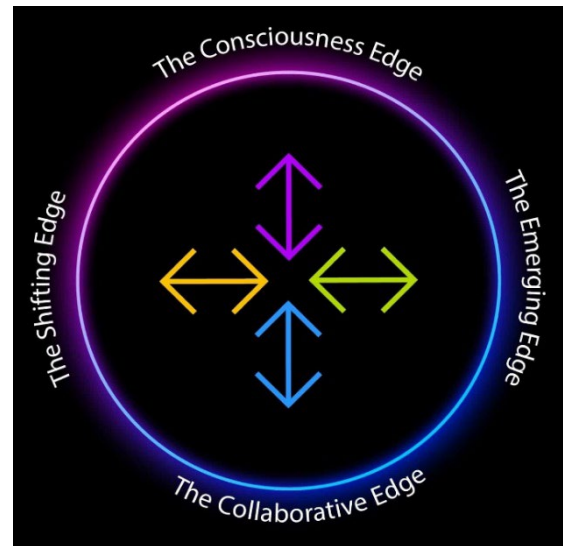
Celebrate being fully embodied. Compost and harvest what you have learned, untangling as you go. Embrace conflict, triggers, and trauma as important information revealing itself. Rewire your nervous system and expand your capacity so you can experience what you most deeply desire.

The Collaborative Edge

Live in deep relationship with everything. Expand your capacity for collaboration, coherence, complexity, and pattern recognition. Invite collective intelligence and dynamic synergy. Build inner and societal infrastructure. Embrace the deep knowing that there are parts of ourselves which can only be known through the presence of others.

The Emerging Edge

Let deep desire lead you into the unknown and invite something unexpected to emerge. Expand your capacity for aliveness, pleasure, and intensity. Embrace improvisation and what wants to happen. Create, experiment and learn as you go. Hold innovative technology in its appropriate relationship in service of a vital, thriving world.



Course Structure

Three Semesters

FET Training has three organizing semesters: Self; Others; and Groups. Each builds on the previous, adding scale and complexity. They also inform each other. For example, facilitating *groups* may reveal limiting beliefs you have about *yourself* that you need to work with to broaden and deepen your effectiveness. Or you may find you are very comfortable facilitating groups, but as a participant you tend to be very uncomfortable.

SELF: Claiming Your Desire

Align with life and the deep desire you want to bring into the world--design your unique utopia.

OTHERS: Being the Tuning Fork

Understand any paradigm, cultivate deep relationships, and facilitate others getting what they deeply desire. Invite others to join you in your unique offering.

GROUPS: Amplifying Your Impact

Facilitate group transformation, collaboration, collective intelligence, and evolving edge culture.

This cohort offers a shift in how we train and learn. One of the challenges of new paradigm work is embracing that we are part of a complex living system, which is nonlinear and fractal.

We have designed this program to offer the most flexibility while still offering a solid structure and roadmap to help guide you.

We do this through:

- Our Unique Four Forces Framework
- Experiential Learning
- Real World Projects & Application
- Deep Personal & Group Process Work
- Emergent Group Dynamics

Each training week, you will gain access to:

- Self-paced videos and written content with activities
- 90-minute Live Call for interactive learning
- 1 Small Group Coaching call with Trish or group-facilitated
- Practice calls (optional)
- Suggested projects for each semester (optional)

Our 3:1 rhythm

Three weeks a month we focus on training with new modules and live Zoom calls. One week a month we designate as a community week, where we shift the focus to developing and deepening relationships with each other, networking, putting the skills we've learned into practice, and sharing our unique gifts. It's a break from new content, providing time to integrate and celebrate.

Time Investment

We have designed the program to include core training content, with additional, optional training opportunities so you can customize your experience.

The total time investment for the core training is approximately **2.5 to 5 hours a week for 3 weeks a month.**

For each training week this includes:

- 1 hour of self-paced videos and written content
- 90-minute live calls for interactive learning related to modules.
- One 2-hour Small Group Coaching Call a month with Trish
- Small Group self-facilitated calls
- Exercises linked to the content modules
- Supported projects/endeavors

What's included over the 12-month training:

- 36 Training Modules
- 36 Live Experiential Calls
- 12 Small group Coaching Calls with Trish

Optional:

- 24 Small group calls – self-facilitated
- 9 Supported Projects
- 36 Practice Calls

BONUSES:

- Access to THE EDGES collaborative
- Membership to THE SPACES content and calls
- Access to Eros cohort courses
- Access to select Featured cohort courses
- 20% discount on in-person events

The Curriculum

CORE 1 SELF: Claiming Your Desire

Align with life and the deep desire you want to bring into the world. Design your unique utopia.

What brings **you** most alive? What is the ***in your bones knowing*** that you want to create in the world? What does your personal utopia look and feel like? What are you inviting others into? What will you create from deep connection, expression, purpose, and growth?

Stepping into new territory requires you to get what *you* mostly deeply desire at the same time you are helping others. You will be invited to turn up the volume on your desire and claim what it is you want to create in your life and in the world.

In this first semester we will focus on:

Embodying the Four Forces

The most powerful way you can impact the world around you is by how you show up. When you are aligned with life, you become a catalyst, inviting others to align as well. During this semester, you will be invited to fully embody each of the Four Forces through experiential practices and experiments. You'll tap into new layers of self while developing agility in expanded states of consciousness. From this aligned place, you will explore where your desire leads you.

Untangling & Mapping Your Strategies

From the NonOrdinary perspective, you are never separate from those you are leading or facilitating. You are part of the process, and your own fears, desires, judgments, beliefs, and triggers are going to show up just like everyone else's. *You can't lead where you're not willing to go.* Understanding your own strategies and blind spots is essential to becoming a powerful Facilitator. As you untangle, you free up lifeforce, experience more pleasure, and become a clearer signal for others.

Triggers and EdgesWork

It's common these days to try and avoid emotional flare-ups, especially given how volatile and uncertain the world feels. However, it is impossible to not trigger people, or to never get triggered yourself! Being a NonOrdinary Facilitator is about being able to normalize getting triggered and setting up protocols to be able to work with them as they come up. We will introduce the foundations of EdgesWork, our process-based approach to rewiring the body, updating our nervous systems, and becoming super regulators.

In Level One You Will:

- Amplify your own "on fire" desire, and what makes you feel most alive.
- Clarify and craft your reality field, which you are inviting others to join.
- Embody the Four Forces through experiential practices.
- Begin to identify, map, and work with your own strategies and patterns.
- Learn to manage your own triggers and build capacity for when others are triggered.
- Gain practical understanding in foundational EdgesWork and NonOrdinary skills such as intuition and collective intelligence.

Optional Core One Projects:

As part of the learning modules, you will be invited to engage with and be supported in any of these three endeavors/milestones:

Your Utopia Manifesto

Desire is creative energy. Getting clear on what you deeply desire is key to being able to manifest and create. It enables you to feel pleasure in the process and use that aliveness to accelerate and enhance your creation. You will be invited to turn up the volume on your desire and claim what it is you want to create in your life and in the world.

A NonOrdinary Language & Skills Library

NonOrdinary is an art and practice, with its own language. You will be invited to create your own language and skills library in order to accelerate your interpretation and application of intuition, your subtle senses, and nonordinary realms.

Creating Your Unique Consciousness Field

Being the tuning fork means being able to create a space to invite others to join. During this session, you will have the opportunity to create and define your unique consciousness or reality field. This will include inviting your NonOrdinary team, working with the energetic structure, and crafting personal rituals to help support its cultivation and evolution.

Online Learning Modules

Week 1: Claiming Your Desire & Flipping your Fear

Week 2: Strategies and Beliefs

Week 3: Emotions, Triggers & Trauma

Week 4: States of Consciousness

Week 5: EdgesWork Foundations

Week 6: Connection States and Levers

Week 7: Expression States and Levers

Week 8: Purpose States and Levers

Week 9: Growth States and Levers

Week 10: Conflict, Polarity & Superposition

Week 11: Power, Sex & Money

Week 12: Creating YOUR Reality Field

CORE 2 OTHERS: Being the Tuning Fork

Learn paradigm and states agility while helping others. Understand any paradigm, cultivate deep relationships, and facilitate others getting what they deeply desire. Invite others to join you.

Now that you are more deeply aligned with the Four Forces, you become a tuning fork, impacting those around you even more powerfully. In this semester we build on holding your alignment and deep expression while facilitating others in getting what they deeply desire.

The Facilitator Stance

Often, “helping” ends up being a version of fixing someone or “Here’s what I would do if I were you.” As a NonOrdinary Facilitator, you’ll be able to step into the other person’s worldview and help them navigate and uncover what is in alignment *for them*. You are not aligning them to *you*. You are instead helping the other person connect with themselves and align with *life* through the Four Forces. Developing the skill of seeing and feeling the other person’s wholeness, helping guide their untangling, is a powerful stance for transformation without power dynamics or telling someone to do.

Untangling & Mapping Other People's Strategies

Facilitating the Edges is helping people get what they *really* want, even when they don't know what that is. Working with the Four Forces enables you to unlock deeper motivations and strategies, and to understand anyone's worldview. As you learn to identify these strategies, you will also learn approaches and techniques for working with each strategy and helping any person, whether a client, lover, parent, or colleague, learn the skills they need to get what they deeply desire. While we use example scenarios to help you learn, the focus will be on developing the skills and senses to follow what is needed as it is unfolding **for each unique situation**.

Co-Regulation, Super Regulation and Nervous System Rewiring

During these chaotic times, it's more important than ever to help your clients, employees, or community members self-regulate and work with triggers. In this semester we focus on working 1:1 when the other person is triggered, and how you can uncover the valuable insight that is revealing itself in the emotional reaction. Learn how to teach and practice co-regulation, and become a super regulator that can impact emotionally charged situations by your presence.

NonOrdinary Marketing and Designing Your Offerings

Learn how the Four Forces can give you a richer, more nuanced understanding of your audience desires, fears and strategies. Learn an approach we call "additive and deeper," that gives you dynamic and unexpected ways to work with traditional pain points.

In semester two you will:

- Develop paradigm and state agility with others.
- Learn to identify what people really want.
- Work with people who are triggered.
- Learn the common strategies for each of the Forces.
- Identify common body and energetic reactions and how to work with them.
- Gain advanced facilitation skills to work with anyone in a 1:1 setting.
- Practice relational process work
- Advance your intuition and nonordinary skills.
- Identify your ideal client and what their Four Forces patterns are

Online Learning Modules:

Week 1: How to be Helpful – The Facilitator Stance

Week 2: Anatomy of a Formal Session (1:1)

Week 3: Deeper, Additive, Translating and Mapping

Week 4: Working with Emotions and Triggers

Week 5: Connection Patterns & How to Work with Them

Week 6: Expression Patterns & How to Work with Them

Week 7: Purpose Patterns & How to Work with Them

Week 8: Growth Patterns & How to Work with Them

Week 9: Interpersonal Power Dynamics

Week 10: Working with Resistance, Stuck Energy, and Tracking Change

Week 11: Mapping Your Market – Who do you want to work with?

Week 12: Bridging the Gap

Optional Core Two Projects:

As part of the learning modules, you will be invited to engage with and be supported in any of these three endeavors/milestones:

Putting Out Your Call

What is your call to adventure? Who do you want to work with? What do they need and desire? What are their tangles about the Four Forces? What language do they use? How do they know you understand them? In this project, you are invited to create an invitation to your ideal client, community member, or employee. You will have the opportunity to receive feedback on the invitation.

NonOrdinary Sessions

In addition to practicing with others in the training, you are invited to facilitate at least five one-on-one sessions with individuals who have aspects of your ideal psychographic. You are invited to step out of your comfort zone, try out your new skills, and experiment with Four Forces insights to see how they have changed your experience and understanding. This is a chance to deepen your understanding of your market, gaining perspective **for** how you can **support/assist** them more effectively.

Creating an On Ramp

What is unusual or compelling about the space you are inviting people into? Looking at the reality space you are creating, what differentiates it from the ordinary world? How do you want to prepare people to enter your space/reality? When paradigm-shifting, you are inviting people to step across a threshold, from what is known and safe into unknown territory. What does your client, customer, community member, or employee *need* in order to traverse from their paradigm to yours? Are all Four Forces present? You are invited to design a series of experiences and content that bridge the ordinary world with your vision of reality.

CORE 3 GROUPS: Amplifying Your Impact

Facilitate and cultivate group transformation, collaboration, collective intelligence, and evolving-edge culture.

Working with groups amplifies *everything*.

Complexity goes up exponentially as the number of participants increases. For example, when you have four people in a group, there are six different relationship combinations. For 32 people, that becomes 496 relationship dynamics! It is no wonder things can get complicated-- *fast*. However, with this added complexity also comes incredible transformative power. Whether the setting is a community gathering, a meeting, workshop, or teams working within an organization, groups can create opportunities for profound healing, creativity, synergy, problem-solving, and accelerated change at every level.

The Four Forces and Groups

Just like individuals, groups can take on their own Four Forces preferences and strategies. Learn how to

shift groups building on what you've learned with individual strategies. Learn to craft group containers that are aligned with and have all Four Forces present to create coherence and a sense of belonging while also enhancing uniqueness and emergence-- without the "group therapy" feeling, or long, drawn-out, time-consuming processes.

Group Conflict and Trigger Work

In our current culture, it's common for group interactions to escalate and for emotions to rise. Just as groups amplify what's possible, they can also amplify our fears and bring to the surface conflicts that are hidden or ignored. Our greatest wounds are often seeded in our families, our first group experience. We often bring these wounded elements to groups, creating experiences that feel more like dysfunctional families than open, collaborative efforts. Learn how to work with anything that shows up during group processes.

Group Dynamics and Power

When we as individuals come together in groups, new dynamics emerge. We'll be working with these, as well as "group fields". You'll learn to track various group dimensions as they're concurrently happening. You'll learn how to embrace contrast, conflict, and disturber energy. You'll also recognize and become comfortable with distinct roles that surface in groups, such as "the class clown," "the talker," "the know-it-all," and others.

Field Craft

Learn the elements that best match your intention for the group, such as format, structure vs. flow, and agenda vs. emergence. Learn to read the signals that let you know when you need to shift formats or processes. Learn how to identify group strategies, and how to add or untangle each of the Four Forces to enhance transformation.

In semester three you will learn how to:

- Identify common group types and strategies and how to work with them.
- Add deeper Four Forces experiences to your groups.
- Engage with conflict, making it useful and transformative experience.
- Work with group dynamics and common roles/archetypes that show up.
- Stay agile and regulated, even in the midst of big group triggers and processes.
- Cultivate your unique group field, and how to get the results you are wanting.
- Read the group and know what wants to happen next.
- Understand group dynamics that are likely to happen in your ideal market.

Optional Core Three Projects:

As part of the learning modules, you will be invited to engage with and be supported in any of these three endeavors/milestones:

Design Your Container

When working with groups, how are you going to design the container? How will you define safety? What is your trigger protocol? How do you want to handle conflict? What language needs to be defined from the start? What are your agreements? How will you close the space? What rituals do you want to establish? In this project, you will design your own personal process for establishing group culture, expectations, and guidelines for the type of group work you want to do.

Push Your Edges of Comfort

What scenarios make you nervous? Which topics do you tend to avoid? What kinds of conversations or situations do you dread? What triggers you when you lead? You are invited to create and lead an experience that pushes your edges of comfort as a group facilitator. You are invited to purposely try and trigger yourself, in service of knowing you can handle anything.

Design & Lead a Group Experience

You will be invited to create either a 15-minute experience for members of the community or design a group experience that you offer to your market and debrief with the community.

Online Learning Modules:

Week 1: Redefining “Safe Space” -- Setting Up the Container & Culture-Crafting

Week 2: Anatomy of Group Work -- Event Design

Week 3: Working with the Group Field & Collective Consciousness – What wants to happen?

Week 4: The Trigger Spiral – Managing Triggers in Groups (yours and others)

Week 5: Connection in Groups -- When Dominant, When Lacking

Week 6: Expression in Groups – When Dominant, When Lacking

Week 7: Purpose in Groups – When Dominant, When Lacking

Week 8: Growth in Groups – When Dominant, When Lacking

Week 9: Facilitation Choices – Structure and Emergence; Individual and Collective

Week 10: Roles, Challenging People & Group Dynamics

Week 11: Power Dynamics, Conflict & Disturber Energy

Week 12: Emergence, Deep Collaboration & Improvisation

For Logistics Details and to Register go to:

<https://nonordinary.com/facilitating-the-edges-2024>