## Helping Roles: What are they serving?

CAD- Personal & Professional Development

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 Differentiating the role of RESOURCE from other *helping* roles and what that work is.



- Reflect on Helping- who has helped you?
- Consider one or more of the following roles/
  - Teacher
  - Facilitator
  - Trainer
  - Mentor
  - Coach

Each has a way of working—What is the Goal? What does it consider the highest potential place to work from? Form what does it source its Direction? What are the primary instruments or approach?

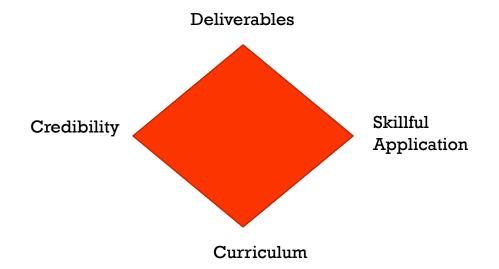
How does it/they differ from being a in a RESOURCE role?

## Opening exercise, continued

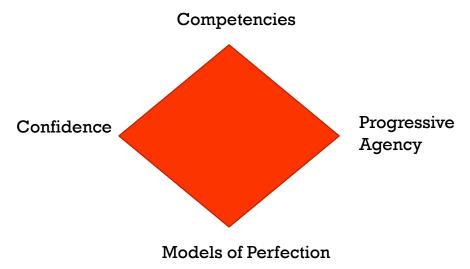
- What is the primary reflection you have after this exploration?
- Does it make a difference what role in? Why?
- How is your interest in the role of Resource affected by this time spent reflecting

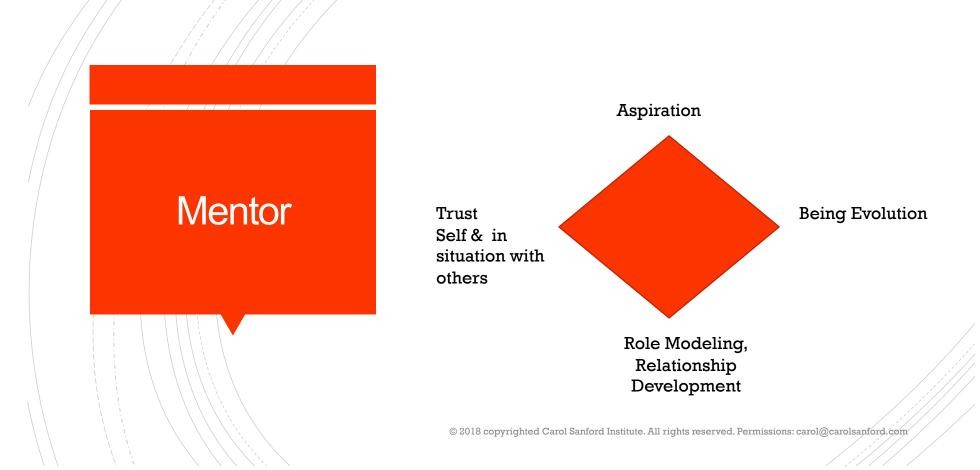




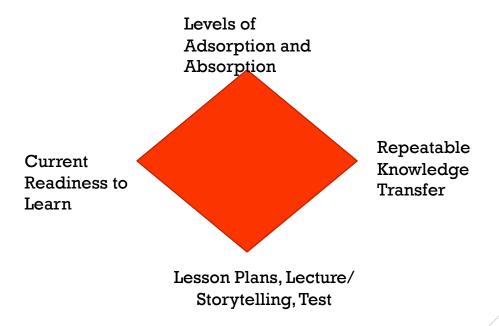






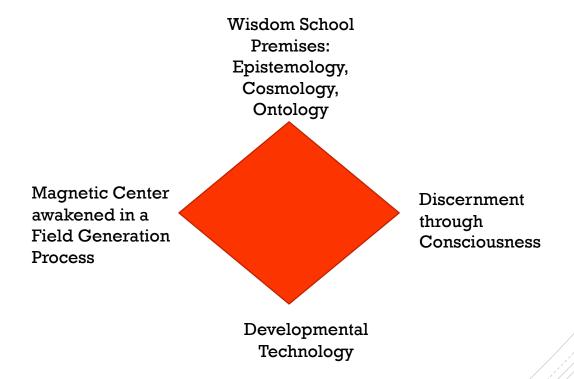






## Resource

Re-Source
(Return them to Self
as Source of
Discernment &
Understanding)





- What is primary restraint you experienced in being a resource? Why might you default to a less developmental role?
- What difference does that make for the people, for you, for the social and planetary systems?