

**Session 5: Facilitator Preparation**

Objectives:

* Define and experience *purpose* as a theme of spirituality and spiritual expression
* Discuss research related to the health benefits of spirituality and spiritual practice
* Encourage discussion of spirituality and purpose

Materials:

* Session 5 Power Point presentation and projector
* Print copy of Session 5 presentation for Facilitator to utilize speaker’s notes
* Participants’ *Expressions of Spirituality Guidebook*
* Purpose Prayer/Devotional (Facilitator Guidebook)
* Mission Statement exercise (Facilitator Guidebook)
* Visualization for Removing Obstacles exercise (Facilitator Guidebook)
* Stories of Enlightenment exercise (Facilitator Guidebook)
* Vision Board exercise (Facilitator Guidebook)
* Magazines, scissors, glue sticks, small pieces of poster board for each participant for us in the Vision Board exercise
* Flip chart and marker/dry erase board and markers (Optional)

Before Class:

* Refer to participant *Expressions of Spirituality Guidebook*
* Refer to Facilitator Guidebook & Power Point presentation with speaker’s notes for facilitator use
* Set up room with tables and chairs
* Set up room in a way that allows for discussion and makes it easy for everyone to see and hear the presentation

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