



# Creative Catalyst Workshop Series

## The 5 Facilitation Power Tools: Keys to leading powerful activities for yourself and others

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July 7, 2020

Join Bangalore-based facilitator, Nilisha Mohapatra, to learn how to use PYE's 5 Power Tools to add depth and impact to your work with groups—and to increase your own wellness. You'll learn how to integrate the 5 Power Tools--imagination, body, voice, rhythm, and mirroring—into existing activities as well as how to use them to design new activities. You'll also learn why these 5 Power Tools have such a powerfully positive effect on our emotions and our physical wellbeing. Nilisha will be guiding us to learn how to apply these power tools in our work with others as well as how to integrate them into our personal lives to increase our own sense of wellbeing.

### RESOURCES:

- A copy of our [5 Facilitation Power Tools e-book.pdf](#)
- Review the workshop outline - [SLIDES.pdf](#)
- Song list from today's workshop:
  - Águas de Março - by Elis Regina and Antônio Carlos Jobim
  - Pickin' On Series - by Oppression by the Human Experience
  - Kerala - by Bonobo
  - Spiegel im spiegel - by Arvo Pärt
  - Mano Desire, Original Mix - by Pitto and Manu Delago on hang