



Companion Resource:

Holding Space with Integrity – A Reflective Guide for Educators

Purpose:

This guide is designed to support educators in preparing for, engaging with, and processing challenging conversations with adult learners. Use it as a tool for grounding, reflection, and growth.

◆ BEFORE THE CONVERSATION

1. Ground Yourself

- What emotions are present in me right now?
- What assumptions might I be bringing into this conversation?
- What is my intention—not just my outcome—for this interaction?

2. Clarify the Core

- What truth needs to be spoken?
 - What does this learner need from me: clarity, support, accountability—or a blend?
 - What boundary must I uphold, and why is it necessary?
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◆ DURING THE CONVERSATION

Reminders for Presence

- Breathe. Speak slowly.
 - Stay grounded in “I” statements.
 - Listen beneath defensiveness—what’s the fear?
 - Make space for silence—it’s where reflection begins.
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◆ AFTER THE CONVERSATION

3. Reflect Honestly

- What did I notice in my body during the conversation?
- What surprised me—about myself or the learner?
- Did I maintain integrity with my truth and theirs?

4. Integration Questions

- Where might I have softened too much or held too tightly?
 - What old stories or wounds got activated?
 - What needs tending within me before I move forward?
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◆ RITUALS FOR GROUNDING

Choose one or more:

- Sit in stillness and name your emotions.
 - Write a letter you don't send.
 - Move your body (walk, stretch, dance) to release tension.
 - Light a candle or breathe deeply—remind yourself: *I did enough.*
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◆ RECLAMATION STATEMENT

Complete this sentence:

“In this moment, I reclaim my power by _____.”

Tip: Revisit this guide each time you're entering or exiting a difficult dialogue. Over time, it becomes a ritual—one that nurtures your courage, self-awareness, and presence as a leader in learning.