

## Mentorship Model - Foundational Beginnings

Hospitality - To be hospitable - To host our guests as though we were family

A **Smile** creates a ring of silence around you. Space between moment, emotion or numbness, and breath comes through positive trigger.  
You are empowered to step away, embrace your moment, then return

**Quiet** produces triggers reimagined through soft focus upon what brings you comfort and internal rest. Activate this thru imagination and breath

QUIET

**Quiet** ignites wonder - fresh eyes - creative solutions

Tactile - Sensory Engagement while **Breathing:**

- Cultivates safety and rest
- Can be any form of sensory engagement
- If anxious, gently rub your upper chest with your dominant hand in a circular motion while breathing - promotes relation stimulating vagus nerve
- Utilize personal mantra (fresh trigger) within breath

- **Quiet Reveals Contrast** -

Personal feelings, beliefs and opinions can be beautiful - free to develop without forcing another to conform, including oneself

Opinions can lead to fixed beliefs and this causes irritation, frustration and offense toward others who see, feel, think and behave differently. Fragmented sight manifest and triggers form

A **Smile** cultivates an atmosphere of inclusivity, belonging, collaboration and honor

SMILE

A **Smile** is for you, first. Feel your face lift, your muscles relax, your thoughts quiet

Techniques for **Breathing:**

- Relax abdomane (diaphragm)
- Relax shoulders, neck and muscles
- Breathe deeply and slowly - into diaphragm first, then lungs
- In and out...

BREATHE

- **Breathe** - Gift yourself opportunity to release energy pent up due to thought, emotion, desire and creative energies ready to be released

Mercy overshadows the tendencies of bully and redirects through rest, providing space for peace

**WHAT** - Pragmatic Practice **WHY** - Why Engage **HOW** - How To Do This