



MEMBERS

Manual





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Welcome!



Welcome to the Helpers Tent. We are so excited that you have chosen to embark on this life-changing journey with us.

As a Helpers Tent member, you will receive guidance and support every step of the way, so that your experience is always pleasurable and fun. This is a space tailored for you so that your life feels more balanced and in tune with who you want to be.

We are here to heal—and lead, with the sacred space of love for one's self which becomes expanded to the collective.

This space is for all of us helpers to get rid of the illusions that we're anything less than sacred and interconnected. Our excavation tools are meditation, body movement, conscious conversations that lead to research and community.

Practices for self care + collective healing through an evolution process of your mind, body and soul.

Welcome!



As a helper, it is of key importance to take additional attention to your own wellbeing, in order to be emotionally and physically able to help others. Those involved in the practice of helping others, usually provide guidance on self-care and healthy coping strategies to those they support. However, they often neglect their own self-care.

The first step is to acknowledge the impact of that work may have on your mind, body, and spirit. Understanding the influence of stress and burnout, vicarious trauma, compassion fatigue, and over-engagement as well as appreciating the importance of engaging in self-care strategies are deemed essential coping mechanisms for front-line workers towards good resilience and better wellbeing.

Let's get started!

The Helpers Tent Team



We want to give those in the helping business a way to find a clear purpose in their lives and reach their goals so they can fulfill their lifelong dreams by developing an abundant mindset, confidence, and a sense of belonging through a community. We're about making a life, not just a living.

Mission

We are committed to providing activities to improve the life quality of those in the helping business so that they can also help their clients reach a better and more fulfilled level of life.

We offer a tailor-made set of goals that motivate helpers to achieve their true potential and bring positive changes in their lives.



Overview

What to expect when you join our community

At The Helpers Tent, we are driven to provide a space for self-care and build a confident and abundant mindset in community to unfold our full and unique potential as helpers.

Our team strives to empower every helper to build their life goals as well as their physical and mental well-being through personalized, expert-led activities, classes, and programs.

Our plans are carefully constructed from detailed assessments, guided reflections, and in-depth discussions with therapists and coaches at every stage of their practice process.

We aim to encourage therapists and coaches of all ages and abilities to create their own incredible and successful life.



- 01 Uplevel your self care practices.
- 02 Grow within the community.
- 03 Practice your skills and become more confident.
- 04 Learn from our bi-monthly classes to enhance your life and practice.



OUR PILLARS *01 one*

ABUNDANCE

Our aim is to fortify a sense of feeling more than enough in all aspects of our lives and a sense of appreciation of life in its fullness, joy and strength of mind, body and soul. Our activities are based on bringing the attention towards what one has and sharing your gifts with others. We work to bring forward the sense that nothing is missing, not because one has "a lot" but because one "is a lot".



02
two

COMMUNITY

The main principle of the community of the Helper's Tent is to create a safe space where everyone can thrive and evolve, feeling WHOLE within heart-felt human beings that supports each other in the process. Understanding that a community exists to support us, to collaborate with us and make things easier, but also to challenge us, push us forward, and to help us see that we are all ONE.



CONFIDENCE

This skill requires consistency and will be built with daily self-care spaces, classes, and coaching skills practice. Confidence lies with the certainty that there are only two possibilities: success or data for learning. A knowing and trusting that the “as is” is perfect in your journey. The feeling that you can rely on your ability to be your best and true self in any challenging situation.

WHAT YOU WILL FIND INSIDE

Self-care



SELF-CARE WEEKLY PRACTICES

Each week you will be able to connect live to activities to nourish your mind, body and soul through:



Guided Meditations



Non-linear Movement
Sessions



Research conversations

You can find the times and zoom links to connect live on the calendar section in your members area.

Can't make it live? They will be posted under each section for you to practice at your convenience.





WHAT ARE *Guided Meditations?*



Meditation is an experiential type of self-care. It helps you gain a sense of perspective on your thoughts and feelings that allow you to increase your patience, self-compassion, and creativity. When you sit in meditation, you create a sacred space to connect to yourself.

In this space, you will find a weekly guided meditation practice that will help you regulate your nervous system, open your self-awareness, and witness your divinity to be in the present moment.



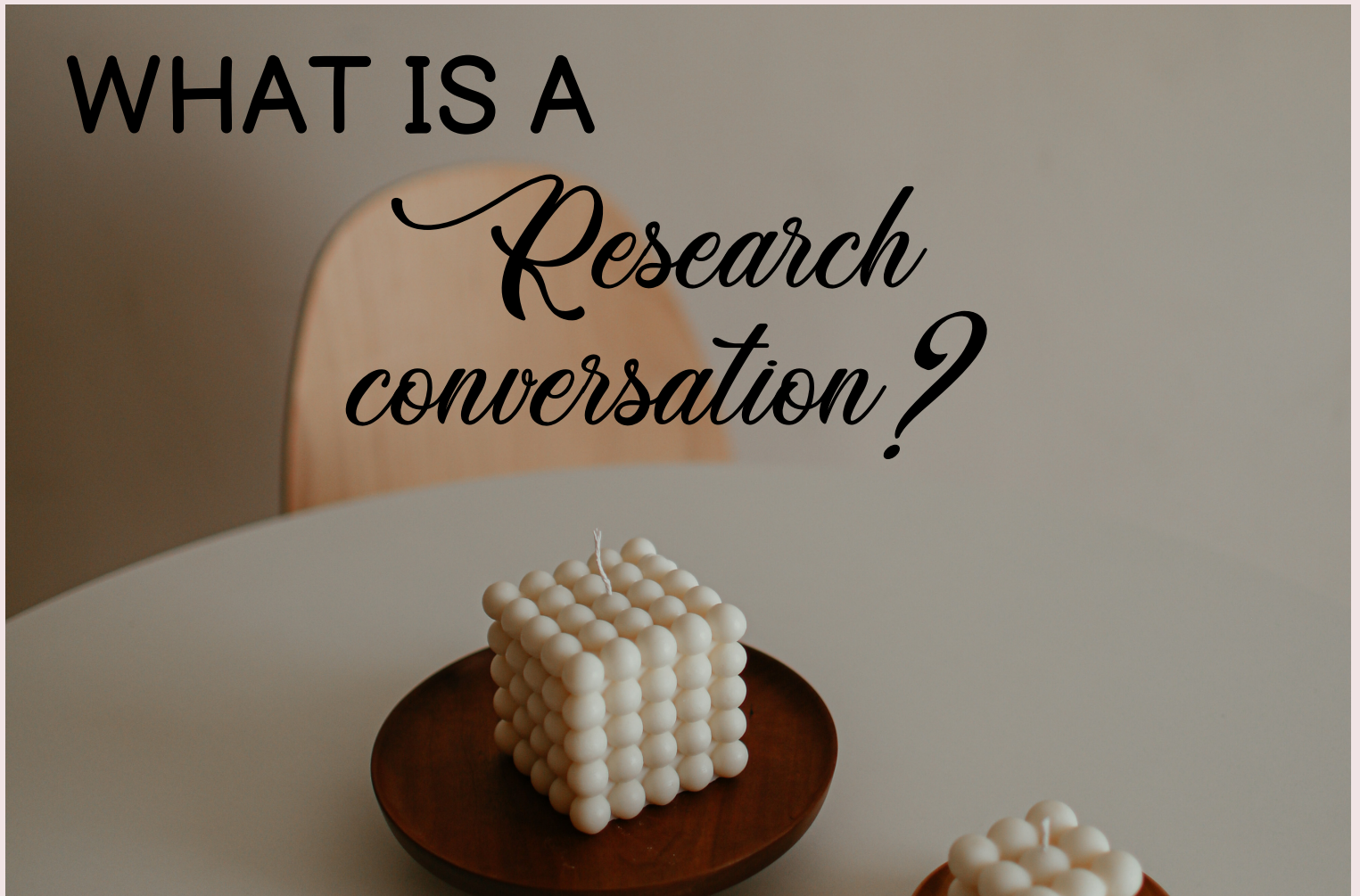
WHAT IS *Non-linear Movement?*



The Non-Linear Movement Method is a healing modality created by Michaela Bohem. It is a movement practice where the subject engages with him or herself through attuning to the body through movement. NLM activates the parasympathetic and sympathetic nervous systems by placing the attention on the internal environment and allowing access to stored emotions. The subject is thus able to sensitize to present moment somatic experience. Through this non-impositional and non-invasive activity, the subject experiences de-armoring and therefore, regulation of the nervous system.

WHAT IS A

Research conversation?



Conversations that nourish your mind and contribute to be of better help to others and to yourself.

Research live conversations between many different "voices" that contribute a unique perspective on a topic. There are many ways that you can use that conversation to help improve your understanding of a topic and discover what you have to say about it. We will discuss a topic each month in weekly conversations that will lead to writings for publication and research.

Coaching skills

PRACTICE

Coaching Skills are like a muscle. You need to practice consistently to master it... even when you have been coaching for a while, it is important to keep practicing not only the most fine skills but also the basic ones, that we tend to forget even when we have been in the field for a while.

Coaching skills practice will help you gain confidence and uplevel your coaching practice. You will find videos, role plays, interviews explaining the importance of each skill and structure as guidance in your practice. Live calls are offered to share, practice and ask questions. You can find the times and zoom links in your calendar on the members area. Can't make it live? You can watch the replay.

Practice with your peers the skill of the week, with exercises and prompts, specifically tailored for you.



EVOLUTION PROCESS FOR ALL MEMBERS

We would like to be part of your evolution journey and offer the life learning experience you need for a new birthing to happen.
These are the changes you can expect while participating in each space we offer.

01

CATERPILLAR



This is called the "feeding" stage.
As the job of the Caterpillar is to eat and eat to grow,
In this phase, you will learn not only concepts but also how to develop life skills like consistency, confidence, accountability, and all the ingredients needed to keep growing in your personal life and in your practice.

02

CHRYSALIS

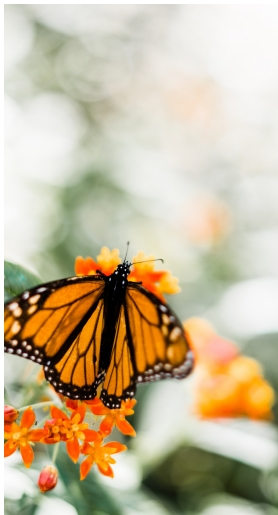


The cocoon stage or transformational stage may look like nothing is going on, but big changes are happening inside.
It is the time where you will need to take a pause on "feeding" your life with concepts and "new" knowledge and start digesting, embodying, pruning. Separating wheat from chaff so transformation starts.

EVOLUTION PROCESS FOR ALL MEMBERS

03

BUTTERFLY

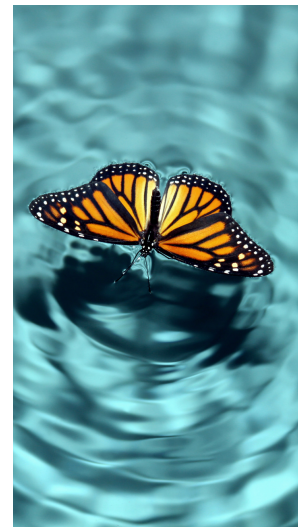


This is called the "reproductive" stage.
Now, all the knowledge and changes
have helped you feel more confident,
and it is time to expand your wings
and fly to apply everything
you have learned.

You will be ready to collaborate with
other members in the tent from
a different/more confident space,
embodying your uniqueness and welcoming
and embracing all uniqueness within
the members of the tent.

04

RIPPLE EFFECT



This is known as the "butterfly effect"
phase where you will use small events as
catalysts for change,
for yourself and for others as well.

You will be able to help
others inside and outside the tent through
one on one coaching, workshops, and
public speaking. In this ripple effect stage,
you will experience the power of
collaboration and enter an
inner knowing that the world is deeply
interconnected.

COMING *soon!*

HUBS

If you are interested in individualized support and longer term relationships, hubs may be what you need.



This intimate space is designed for those members that desire to connect intimately with others and evolve personally and professionally.

Your hub sisters will be chosen based on your interests, challenges and professional needs so that you may hold space, complement, challenge and simultaneously grow together.

What can I expect from my hub?

- An intimate space for you to share, find support and expand with others like you.
- A small group of like-minded helpers looking for collaboration and growth.
- Hub supervision provided once a week.

COMING *soon!*

PERSONAL MENTORING



If you are interested in individualized support for your personal challenges, or looking for private mentoring to up level your practice, we will soon have this option available for you.

This intimate space is designed for those members that desire to connect intimately with a professional for consultation and guidance.

Personal Mentoring coming up:

- Coaching Skills
- Business
- Course Design
- 1-1 Coaching

COMING *soon!*

COACHES DIRECTORY

One of the goals on the helpers tent is to offer a space for coaches to provide their services and make professional coaching accessible, affordable, and convenient — so anyone who struggles with life's challenges can get help, anytime and anywhere.

We want to offer passionate professional helpers, driven by the mission of helping people live a better and happier life every day.

We are looking forward
to making this happen
VERY SOON!!!





Welcome!

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The logo for 'The helpers tent' features a stylized, light red outline of a tent's roof structure. Below the outline, the words 'The helpers tent' are written in a matching light red, elegant cursive script font.

The helpers tent