

MODULE 1

Facebook

VIDEO SUMMARY



ORACLE  SCHOOL

Video 8: Facebook

- ▶ Two different rooms you're going to work in
- ▶ 1 - The Main Hall which is where everyone gathers, where all information and changes are posted, where zoom calls are posted. It's like a bulletin board for the duration of the course
- ▶ 2 - Small Rooms which is the place for your small groups and where the mentors are. It's where you will share with your peers and get to know everybody. It's the place where you will share your pearls and epiphanies while working through the course material
- ▶ To avoid Facebook overwhelm take a media diet so that you can focus on the content of the course
- ▶ Can experience empathy overload when doing the course and also engaging on social media
- ▶ Only pick 3 people's posts maximum to read in the classroom
- ▶ Trust that whatever ones you're guided to look at are your teaching tools
- ▶ When people share in the rooms everybody learns by watching how each other learns
- ▶ Make it easy on yourself
- ▶ If you get overwhelmed take a break
- ▶ Try to stay off all other social media and media in general in order to stay grounded
- ▶ When you're in a very powerful, personal development, personal growth, transformation program things are going to get stirred up
- ▶ Suggest taking a lot of salt baths or salt scrubs

- ▶ Himalayan salt is a fantastic way to clear your energy field from the stuff you take or when you're in empathy overload or overwhelm
- ▶ Facebook is your friend!
- ▶ Reminder not to tag Colette or send her a friend request
- ▶ Please respect Colette's boundaries

Brief OVERVIEW

Video covered the rooms that you're going to work with in Oracle School's Personal Mastery program. Discussion around empathy overload and overwhelm, and strategies to overcome. Reminder not to tag or friend request Colette and to respect her boundaries.



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