



# Mind Body Education

## Holistic Success Hub - Resources

### Facebook Live Session Outline Template

*Interactive and Engagement Resource for Holistic Therapists – Show Up Confidently, Serve Authentically, Attract Clients*

Facebook Live is a powerful way to connect directly with your audience, showcase your expertise, build trust, and gently invite people to work with you. Whether you're guiding a meditation, sharing tips, or answering questions, this outline will help you stay focused, engaging, and impactful.

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#### Before You Go Live: Prep Checklist

- Choose your topic – something helpful, relevant, and aligned with your services
  - Let your audience know in advance (posts, stories, emails)
  - Prepare a few bullet points to stay on track
  - Check your lighting, sound, and internet connection
  - Have a gentle call-to-action ready for the end
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#### Facebook Live Outline (Suggested 15–30 Minutes)

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#### 1. Welcome & Introduce Yourself (1–2 minutes)

“Hi everyone! I’m [Your Name], a [Your Modality] practitioner. I help people [brief transformation statement]. I’m so happy to be here with you live today!”

Optional:

- Ask where viewers are tuning in from
  - Share a sentence about why this topic is important to you
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## 2. Share the Topic & What They'll Learn (1 minute)

"Today I'm going to be talking about [insert topic], and by the end of this live, you'll walk away with [insert 1–2 clear takeaways or tools]."

Examples:

- "3 ways to calm anxiety naturally"
  - "A gentle breathwork technique for when you're overwhelmed"
  - "How to start a daily self-care ritual that feels good, not forced"
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## 3. Engage Early (1–2 minutes)

"Let me know in the comments — have you ever struggled with [insert problem]? Or do you already have a go-to practice for [insert solution]?"

**Tip:** Respond to comments live as they come in to create connection.

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## 4. Teach or Demonstrate (10–15 minutes)

Break your teaching into 2–3 simple points or a single short demonstration:

- Share personal insight or a client story (anonymously)
- Teach a short technique (e.g., grounding exercise, journal prompt, visualisation)
- Show how a holistic tool you use works

**Example:**

"Let me guide you through a 3-minute calming breath you can use anytime you feel overwhelmed..."

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## 5. Recap & Reflect (2–3 minutes)

"So just to recap, today we explored [main takeaways]. I hope you feel more [calm/clear/connected/inspired]!"

Invite interaction:

"Let me know in the comments — what was your biggest takeaway?"

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## 6. Gentle Call-to-Action (2 minutes)

Choose a CTA that aligns with your services:

- Invite them to book a free discovery call
- Promote an upcoming workshop or challenge
- Offer a resource, journal, or freebie download
- Encourage them to DM you with questions

### Example:

“If you’d like to go deeper, I offer 1:1 [type of session] sessions where we can explore this work together. DM me or head to [website or link] for details.”

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## 7. Close Warmly

“Thank you so much for joining me live or on the replay — I’m so glad we could share this space today. Take good care of yourself and I’ll see you again soon!”

Encourage replay viewers:

“If you’re watching the replay, drop a  in the comments so I can come say hi!”

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## Bonus Tips for a Great Live

- Smile and speak slowly
  - Keep a glass of water nearby
  - Don’t worry about perfection — real is better than polished
  - End with gratitude and a teaser for next time
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## Suggested Topics for Holistic Therapists

- “5 Simple Ways to Support Your Nervous System Naturally”
- “Why Grounding Practices Matter for Sensitive People”
- “What is Energy Healing and How Can It Help You?”
- “A Gentle Meditation to End Your Day with Peace”
- “How Creative Expression Can Help You Release Emotional Baggage”